

MIAMI Elliptical

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Yowza Technical Support: 877-969-9240

Serial Number: _____

Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Attention:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.

POWER REQUIREMENTS

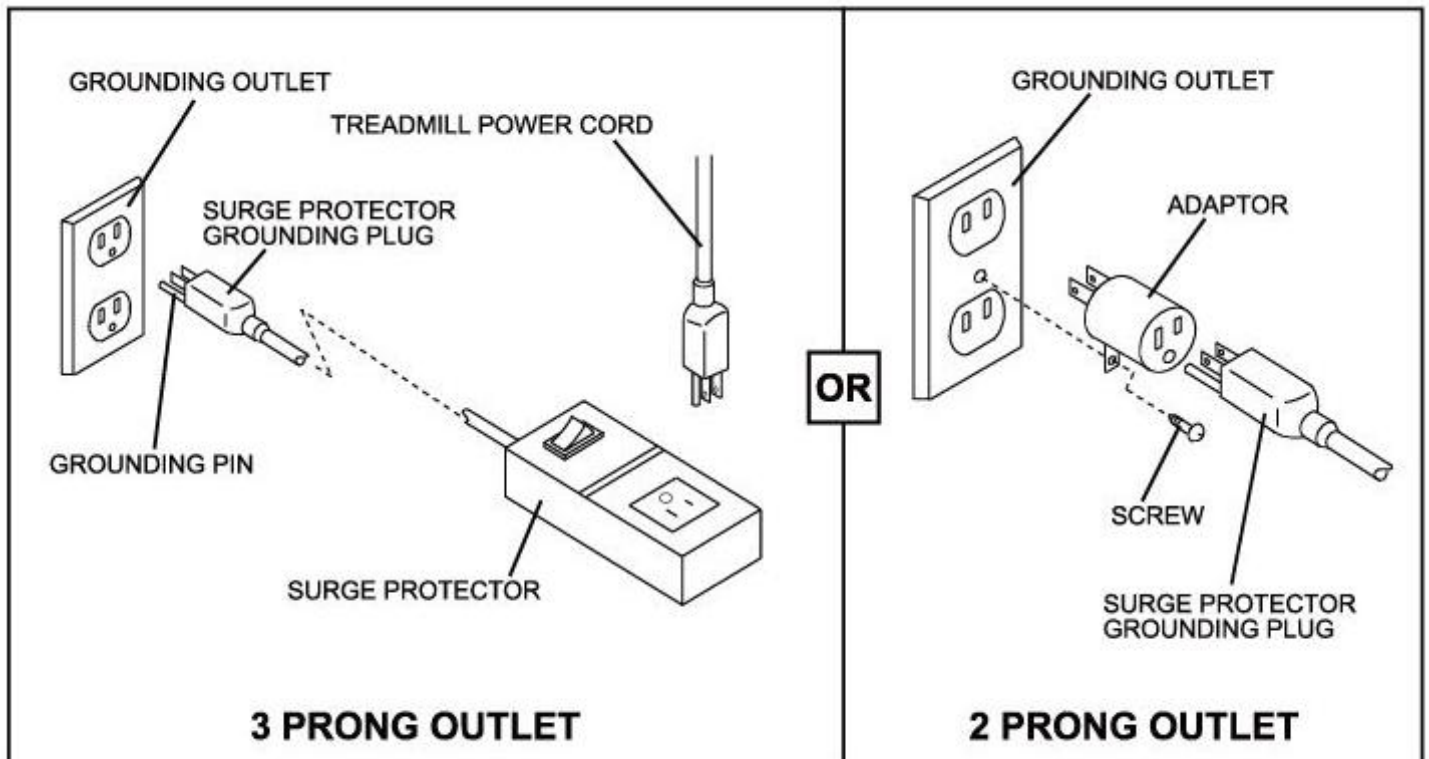
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This cross trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your cross trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 20 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the cross trainer malfunction. This cross trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below. GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

This product has moving parts and users must be careful not to accidentally pinch fingers or other appendages in the openings especially while in use. Please keep small children and pets away from this product. Interference with the moving parts can cause serious injury or death.

Product-Scope: This product is made for home use only and tested up to a maximum body weight of 400lbs.

Product-Performance: This ergo meter is speed independent, i.e. the performance is independent from pedal frequency.

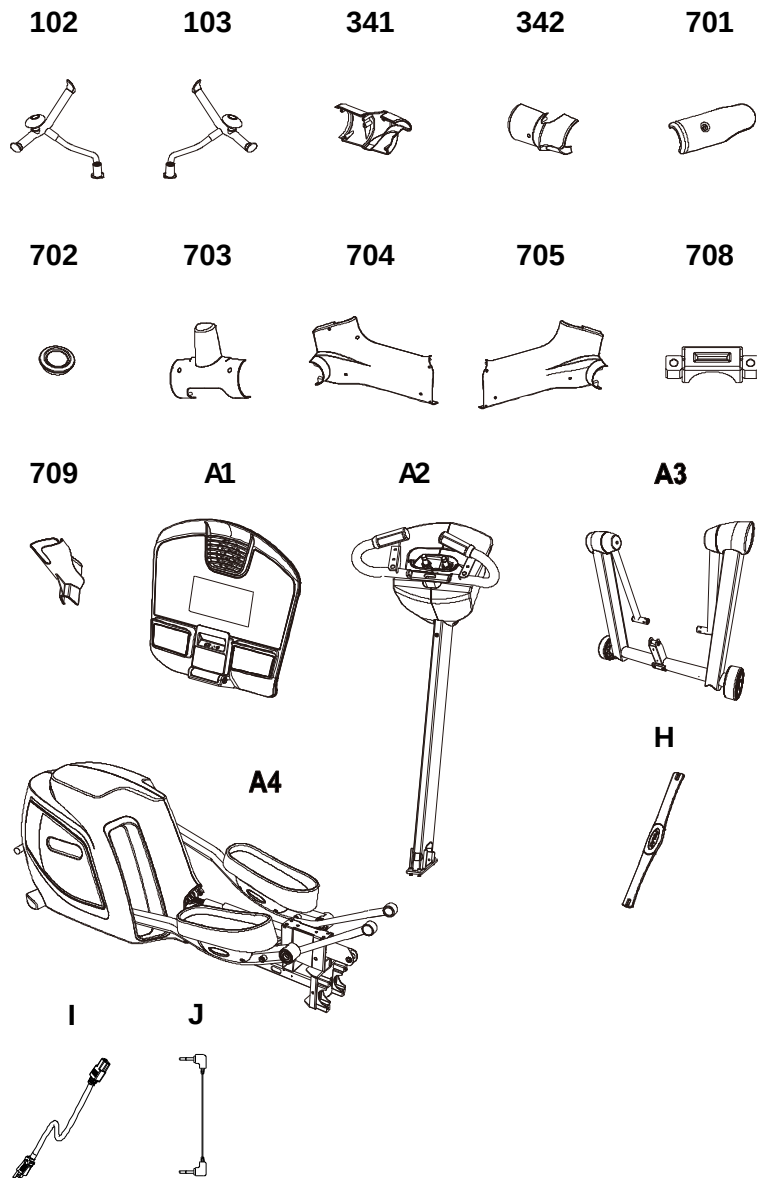
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 400lbs.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronics.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health complications and/or injuries.
- User-Health: If you feel any sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the instructions for assembly carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instructions.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 20A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the power from the unit before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

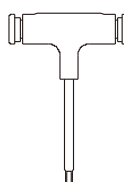
No.	Description	Qty.
102	Moving Handlebar – Left	1
103	Moving Handlebar – Right	1
341	Incline Frame Lower Cover – Rear	2
342	Incline Frame Lower Cover – Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover – Left	1
705	Undercarriage Cover – Right	1
708	Incline Frame Holder – Front	2
709	Water Bottle Holder	1
A1	Button Control Panel Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1
H	Chest Belt	1
I	Power Cord	1
J	MP3 Audio Wire	1



SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
494	20x30x0.5mm Washer	2
501	4x12mm Screw – Cone Point	4
502	15x22–M8x10mm Bolt	2
503	15x26–M8x15mm Bolt	2
504	M8x20mm Allen Head CAP Bolt	4
505	20x79.9–M14x25mm Bolt	2
506	4x12mm Screw – Flat Point	7
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	2
509	4x19mm Screw	4
510	4.5x12mm Screw	4
511	M10x40mm Allen Head CAP Bolt	4
514	M6x20mm Allen Head CAP Bolt	6
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	8
518	4x12x1mm Washer	1
520	4.5x15mm Screw	2
521	20.7x29.1x0.3mm Wave Washer	2
522	M4X12X12mm Screw	1
A	2.5mm Allen Key	1
B	5mm T-Type Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	13&17 Wrench	1
G	13 &17 Combination Wrench	1

408**494****501****502****503****504****505****506****507****508****509****510****511****514****516****517****518****520****521****522****A****B****C****D****E****F****G****MILLIMETERS**

PARTS LIST

Item No.	Description	Qty.	Part No.
MIAMI-100			
101	Console Support Tube	1	MIAMI-101
102	Moving Handlebar – Left	1	MIAMI-102
103	Moving Handlebar – Right	1	MIAMI-103
104	Moving Linkage – Left	1	MIAMI-104
105	Moving Linkage – Right	1	MIAMI-105
106	Pedal Arm – Left	1	MIAMI-106
107	Pedal Arm – Right	1	MIAMI-107
108	Pedal Swing Arm	2	MIAMI-108
109	Incline Frame	1	MIAMI-109
110	Incline Transmission Tube-	1	MIAMI-110
112	Main Frame	1	MIAMI-112
113	Incline Switch Sensor Plate	1	MIAMI-113
115	Tension Wheel Bracket	1	MIAMI-115
116	Pedal Support Base	2	MIAMI-116
118	Action Arm – Left	1	MIAMI-118
119	Action Arm – Right	1	MIAMI-119
120	Cover Support Tube - Rear	1	MIAMI-120
121	Cover Support Tube - Front	1	MIAMI-121
MIAMI-200			
201	Flywheel Fixed Plate - Left	1	MIAMI-201
202	Flywheel Fixed Plate - Right	1	MIAMI-202
203	Electro-Magnetic Adjusted Plate	1	MIAMI-203
204	Console Cover Support Rear Plate - Left	1	MIAMI-204
205	Console Cover Support Rear Plate - Right	1	MIAMI-205
206	Incline Frame Holder – Rear	2	MIAMI-206
207	Incline Position Plate	1	MIAMI-206
211	Bearing 2201	2	MIAMI-211
212	Bearing 6000	4	MIAMI-212
213	Moving Linkage Bushing	4	MIAMI-213
214	Bearing 6002	2	MIAMI-214
215	Bearing 2203	2	MIAMI-215
216	Pedal Connection Plate	2	MIAMI-216
217	Bearing 6205	4	MIAMI-217
219	Bushing 16x22.2x10.7mm	4	MIAMI-219
220	12X20X9 Bushing	4	MIAMI-220
221	Flywheel Pivot	1	MIAMI-221
222	Bearing 6203	2	MIAMI-222
224	Flywheel	1	MIAMI-224
225	Bearing 6300	2	MIAMI-225
226	Crank	2	MIAMI-226
227	Crank Disk	1	MIAMI-227
228	Crank Disk Oval Cap	1	MIAMI-228
230	Bearing 6005	2	MIAMI-230
231	Crank Disk Pivot	1	MIAMI-231
232	Crank Pivot Bushing	1	MIAMI-232
233	Belt	1	MIAMI-233
234	Level Adjuster	2	MIAMI-234

PARTS LIST

Item No.	Description	Qty.	Part No.
237	Crank Pivot Bushing	1	MIAMI-237
238	Console Overlay	1	MIAMI-238
244	OD25XL75X4.5mm Spring	4	MIAMI-244
245	Bearing 6904	10	MIAMI-245
MIAMI-300			
301	Plastic Bushing 20x26x6mm	2	MIAMI-301
302	Plastic Bushing 22x26x6mm	2	MIAMI-302
303	Hand Pulse Sensor Cover	2	MIAMI-303
304	Button Cover – Top	1	MIAMI-304
305	Button Cover – Bottom	1	MIAMI-305
306	Console Bottom Cover – Left	1	MIAMI-306
307	Console Bottom Cover – Right	1	MIAMI-307
309	Volume Membrane Button Overlay	1	MIAMI-309
312	Action Arm Drive Gear	2	MIAMI-312
313	Moving Handlebar Drive Gear	2	MIAMI-313
319	Switch Plate	1	MIAMI-319
320	Pedal Soft Cushion	2	MIAMI-320
321	Right Pedal	1	MIAMI-321
324	Pedal Buffer Cover	4	MIAMI-324
325	Vent Cover – Rear	1	MIAMI-325
326	Rear Shroud Inlet – Left	1	MIAMI-326
327	Rear Shroud Inlet – Right	1	MIAMI-327
328	Lift Handlebar End Cap	2	MIAMI-328
329	Pedal Swing Arm Cap	2	MIAMI-329
330	Incline Frame Positioner	1	MIAMI-330
331	Wheel Cap 112x41.5mm	2	MIAMI-331
332	Wheel Cap 46x12mm	2	MIAMI-332
333	Wheel 140x51.86mm	2	MIAMI-333
334	Bearing Bracket	1	MIAMI-334
335	Control Board Cover	1	MIAMI-335
336	Oval Tube Cap	2	MIAMI-336
337	Vent Cover – Left	1	MIAMI-337
338	Rear Shroud – Left	1	MIAMI-338
339	Rear Shroud – Right	1	MIAMI-339
340	Vent Cover – Right	1	MIAMI-340
341	Incline Frame Lower Cover – Rear	2	MIAMI-341
342	Incline Frame Lower Cover – Front	2	MIAMI-342
349	Left Pedal	1	MIAMI-349
359	Pedal Rear Cushion	2	MIAMI-359
MIAMI-400			
401	8x27x2mm Washer	2	MIAMI-401
402	3x12mm Screw – Cone Point	2	MIAMI-402
403	Taper Fixing Insert	49	MIAMI-403
404	M8x15mm Allen Head CAP Bolt	1	MIAMI-404
405	8x14xT2.0mm Spring Washer	7	MIAMI-405
406	M10x20mm Allen Head Cap Bolt	4	MIAMI-406
408	4x15mm Screw – Cone Point	4	MIAMI-408

PARTS LIST

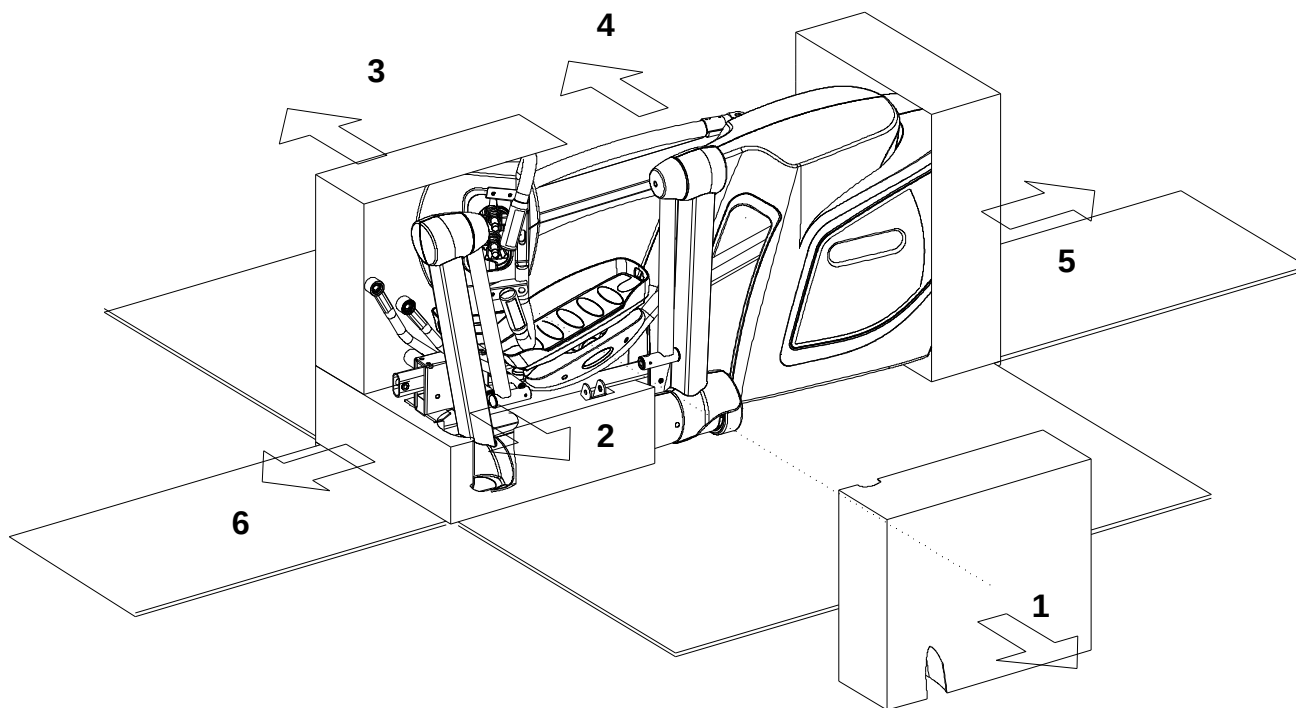
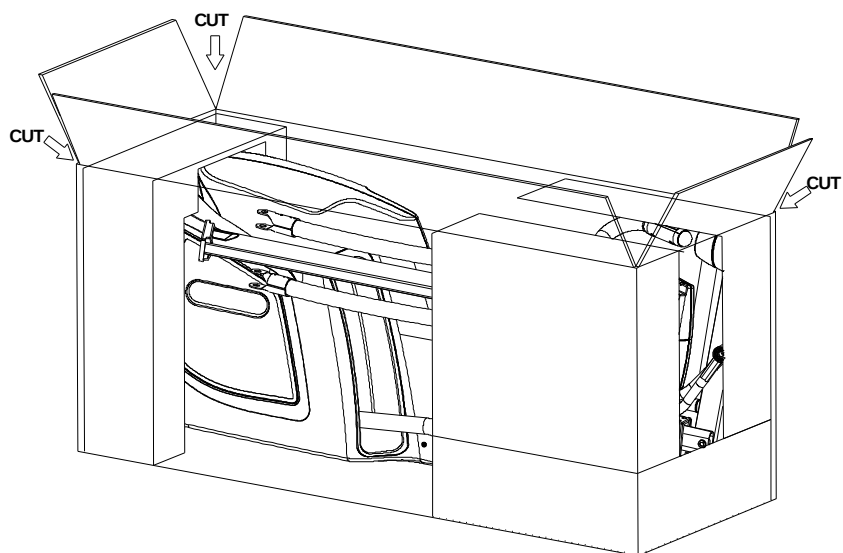
Item No.	Description	Qty.	Part No.
409	3x16mm Screw – Flat Point	4	MIAMI-409
410	M8x20mm Screw	6	MIAMI-410
411	4x12mm Screw – Cone Point	45	MIAMI-411
412	M32 C Clip	1	MIAMI-412
413	12x20x2mm PU Washer	2	MIAMI-413
414	M6x12mm Allen Head Bolt	8	MIAMI-414
415	M8x20mm Allen Head Bolt	2	MIAMI-415
416	M5 Nut	2	MIAMI-416
417	M8 Nylon Nut	5	MIAMI-417
418	M25 C Clip	4	MIAMI-418
419	M3 Nut	2	MIAMI-419
420	Pivot M10 x 56.6mm	2	MIAMI-420
421	M12 C Clip	2	MIAMI-421
422	M10x45mm Bolt	1	MIAMI-422
423	4.5x15mm Screw	2	MIAMI-423
424	M6x12mm Allen Head CAP Bolt	6	MIAMI-424
425	6x10x1mm Spring Washer	29	MIAMI-425
426	20x6x1.5mm Washer	4	MIAMI-426
427	M42 C Clip	2	MIAMI-427
429	M10x20mm Allen Head Bolt	2	MIAMI-429
430	C Spring Fixed Block	4	MIAMI-430
431	10x30x3mm Washer	1	MIAMI-431
432	M4 Nylon Nut	2	MIAMI-432
433	5X16XT1mm Washer	4	MIAMI-433
434	8x27x1mm Plastic Washer	2	MIAMI-434
435	16x25xT3.0 Washer	4	MIAMI-435
436	M10x50mm Allen Head Bolt	1	MIAMI-436
437	M6x16mm Allen Head CAP Bolt	8	MIAMI-437
438	17x22x1mm Washer	3	MIAMI-438
439	M8x50mm Allen Head CAP Bolt	2	MIAMI-439
440	6x32x2mm Washer	1	MIAMI-440
441	M6x30mm Bolt	2	MIAMI-441
442	M22 Nut	2	MIAMI-442
443	5X8X1mm Spring Washer	4	MIAMI-443
445	Pedal Arm Pivot	2	MIAMI-445
446	3/4" Nut	6	MIAMI-446
447	M10x30mm Allen Head CAP Bolt	2	MIAMI-447
448	M4x15mm Screw	2	MIAMI-448
449	4x12mm Screw – Flat Point	11	MIAMI-449
451	M14x40mm Allen Head CAP Bolt	1	MIAMI-451
452	M5x8mm Allen Head Bolt	2	MIAMI-452
453	M4x6mm Screw	4	MIAMI-453
454	Pin Nut	4	MIAMI-454
455	M4x45mm Screw	2	MIAMI-455
456	M3x8mm Screw	2	MIAMI-456
457	Iron Plate Nut	8	MIAMI-457
459	M8x45mm Bolt	3	MIAMI-459
460	8x16x1mm Washer	3	MIAMI-460
461	M6 Nylon Nut	4	MIAMI-461
463	M6x15mm Screw	2	MIAMI-463

PARTS LIST

tem No.	Description	Qty.	Part No.
464	M5/12x32mm Allen Head Bolt	4	MIAMI-464
467	M5x15mm Screw	9	MIAMI-467
468	M5 Nut	9	MIAMI-468
469	5mm Lock Washer	3	MIAMI-469
472	4x15mm Screw – Flat Point	16	MIAMI-472
473	2x10mm Screw – Flat Point	2	MIAMI-473
476	M5 Nylon Nut	4	MIAMI-476
477	5x10x1mm Washer	1	MIAMI-477
478	10x20x5mm Washer	1	MIAMI-478
479	10x23x2mm Washer	1	MIAMI-479
480	12X20X0.5mm Plastic Washer	2	MIAMI-480
482	M6x20mm Screw	2	MIAMI-482
483	6x13x1.5mm Washer	12	MIAMI-483
484	8x18x2mm Washer	2	MIAMI-484
485	10x30x1mm Plastic Washer	1	MIAMI-485
486	5/16" Nylon Nut	4	MIAMI-486
487	U - Iron Screw Hole Plate – 5x11x16.5mm	6	MIAMI-487
488	8x18x2mm Washer	2	MIAMI-488
489	M6x25x25mm Allen Head CAP Bolt	2	MIAMI-489
490	M10X62 Screw	2	MIAMI-490
493	Elevation Motor Plastic Bushing	1	MIAMI-493
494	20X30X0.5mm Washer	3	MIAMI-494
497	M5X50mm Screw	3	MIAMI-497
498	M5X5mm Hex Socket Cap Screw	3	MIAMI-498
499	M5x10mm Allen Head Bolt	4	MIAMI-499
MIAMI-500			
501	4x12mm Screw – Cone Point	4	MIAMI-501
502	15x22–M8x10mm Bolt	2	MIAMI-502
503	15x26–M8x15mm Bolt	2	MIAMI-503
504	M8x20mm Allen Head CAP Bolt	7	MIAMI-504
505	20x79.9-M14x25mm Bolt	2	MIAMI-505
506	4x12mm Screw – Flat Point	7	MIAMI-506
507	M10x56mm Allen Head Bolt	1	MIAMI-507
508	M10 Nylon Nut	2	MIAMI-508
509	4x19mm Screw	4	MIAMI-509
510	4.5x12mm Screw	4	MIAMI-510
511	M10x40mm Allen Head CAP Bolt	4	MIAMI-511
514	M6x20mm Allen Head CAP Bolt	6	MIAMI-514
516	M5x6mm Screw	2	MIAMI-516
517	10x16x2mm Spring Washer	8	MIAMI-517
518	4x12x1mm Washer	1	MIAMI-518
520	4.5x15mm Screw	2	MIAMI-520
521	20.7x29.1x0.3mm Wave Washer	2	MIAMI-521
522	M4X12X12mm Screw	1	MIAMI-522
525	M10 Nut	1	MIAMI-525
526	M6x30mm Allen Head Bolt	2	MIAMI-526
527	OD11XT1.5XL22mm Bushing	4	MIAMI-527
528	Nylon Nut 5/16X14X6mm	4	MIAMI-528
529	OD11XT2.5XL22mm Bushing	2	MIAMI-529
530	6X13X1mm Washer	2	MIAMI-530
531	8x16x1mm Washer	4	MIAMI-531

PARTS LIST

Item No.	Description	Qty.	Part No.
MIAMI-600			
601	8Pin Power Wire – Upper	1	MIAMI-601
602	8Pin Power Wire – Lower	1	MIAMI-602
604	Elector-Magnetic Wire	1	MIAMI-604
605	1 Pin Power Connection Wire	3	MIAMI-605
606	3C Power Wire	1	MIAMI-606
609	2 Pin Hand Pulse Sensor Wire – Lower	2	MIAMI-609
610	PC Board Assembly	1	MIAMI-610
612	Wireless receiver wire-300mm	1	MIAMI-612
613	Membrane key	1	MIAMI-613
614	Fan	1	MIAMI-614
615	Wireless receiver	1	MIAMI-615
616	Elevation Motor	1	MIAMI-616
617	Speed Sensor	1	MIAMI-617
618	Transformer	1	MIAMI-618
619	Control Board	1	MIAMI-619
620	Power Insert	1	MIAMI-620
621	Power Switch	1	MIAMI-621
622	Power Breaker	1	MIAMI-622
623	Elector-Magnetic System	1	MIAMI-623
624	Magnetic Sensor	1	MIAMI-624
625	Micro switch 10A	2	MIAMI-625
626	Incline 3C Power Connector Wire	1	MIAMI-626
627	Audio Wire-100mm	1	MIAMI-627
628	Incline Motor Sensor Connector	1	MIAMI-628
632	Ipod dock connecting wire	2	MIAMI-632
633	Speaker	2	MIAMI-633
634	Amplifier PC board	1	MIAMI-634
635	Audio Wire-300mm	1	MIAMI-635
MIAMI-700			
701	Action Arm Lower Cover	4	MIAMI-701
702	Pedal Arm Front Pivot Cover	2	MIAMI-702
703	Incline Frame Front Cover	1	MIAMI-703
704	Undercarriage Cover – Left	1	MIAMI-704
705	Undercarriage Cover – Right	1	MIAMI-705
706	Nylon Bushing	2	MIAMI-706
708	Incline Frame Holder – Front	2	MIAMI-708
709	Water Bottle Holder	1	MIAMI-709
710	Ball Shaped Handlebar Grip Cover	2	MIAMI-710
711	Ball Shaped Handlebar Grip	2	MIAMI-711
701	Action Arm Lower Cover	4	MIAMI-701
702	Pedal Arm Front Pivot Cover	2	MIAMI-702
703	Incline Frame Front Cover	1	MIAMI-703
704	Undercarriage Cover – Left	1	MIAMI-704
705	Undercarriage Cover – Right	1	MIAMI-705
706	iron Bushing	2	MIAMI-706
708	Incline Frame Holder – Front	2	MIAMI-708
709	Water Bottle Holder	1	MIAMI-709
710	Ball Shaped Handlebar Grip Cover	2	MIAMI-710
711	Ball Shaped Handlebar Grip	2	MIAMI-711

ASSEMBLY

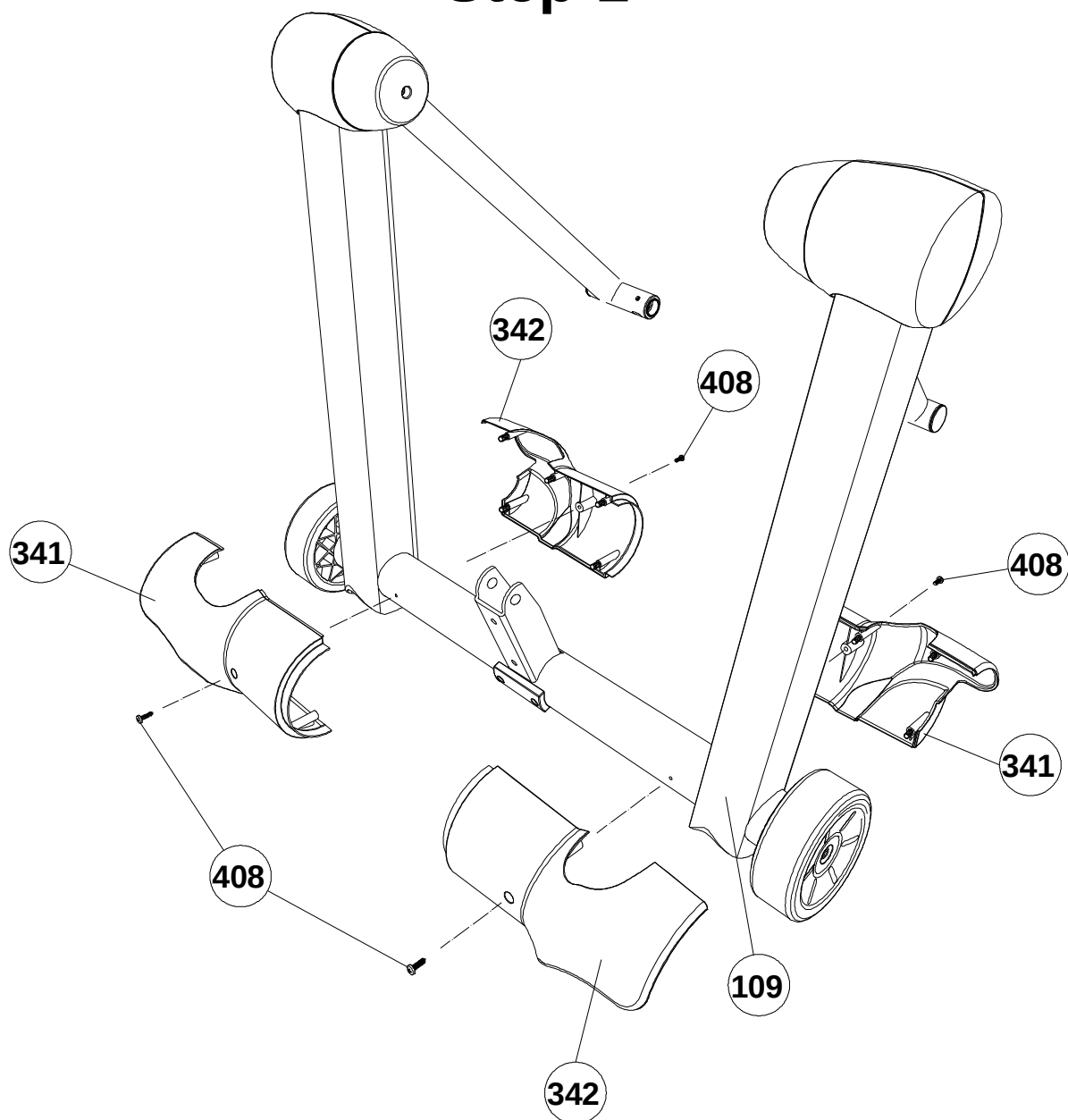
(A) Remove your Elliptical from the carton and place it on the floor in an open area.

(B) Remove the Elliptical and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 4-5.

(D) Carefully separate all parts by size and type. This is critical as many are of similar size and shape. Use supplied ruler to size.

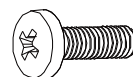
(E) After verifying inventory, if any parts are missing, please contact Yowza fitness at 877-969-9240.

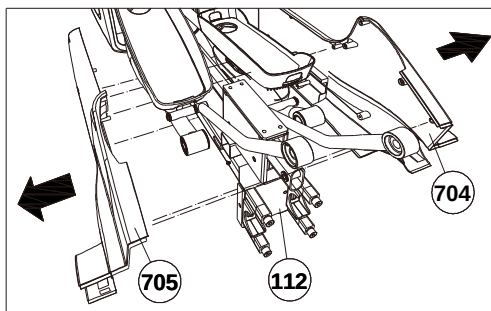
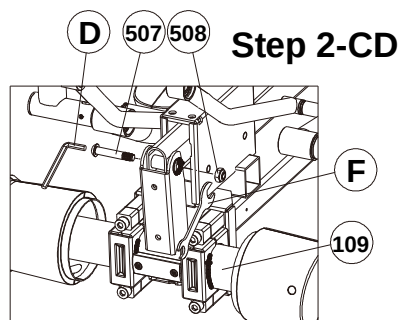
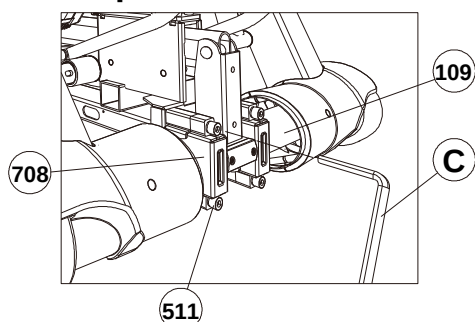
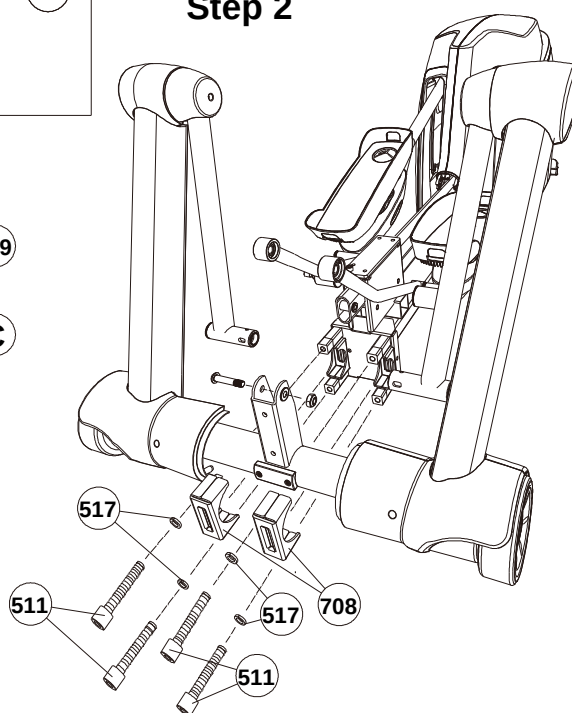
STEP1 ASSEMBLY**Step 1**

STEP1-A) Attach the Incline Frame Lower Cover (341, 342) to the incline frame.

STEP1-B) Carefully snap pieces together using plastic guides.

STEP1-C) Secure using cone point screw (408).

408**X4**

STEP2 ASSEMBLY**Step 2-A****Step 2-B****Step 2**

STEP2-A). Remove the Undercarriage Cover (704, 705) by carefully lifting pedal Assembly and removing each piece one at a time. Be careful not to snap Plastic push pins when taking apart. Verify that rear incline frame holder (206) is securely tightened to Main Frame (112).

STEP2-B). Attach Incline Frame Set to the Main Frame, and hold the Incline Frame Holder – Front (708) to the Incline Frame (109), secure using Allen head CAP Bolts (511) with Spring Washer (517) on the Incline Frame Holder.

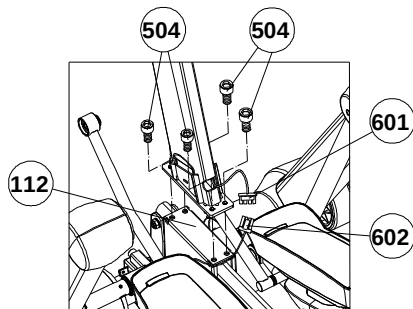
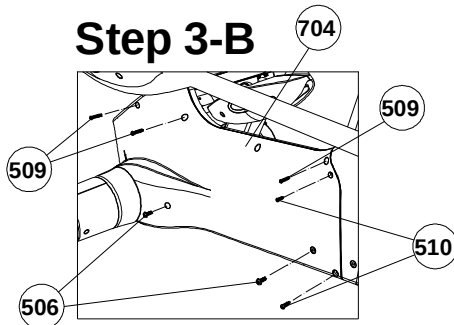
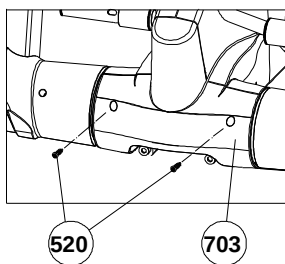
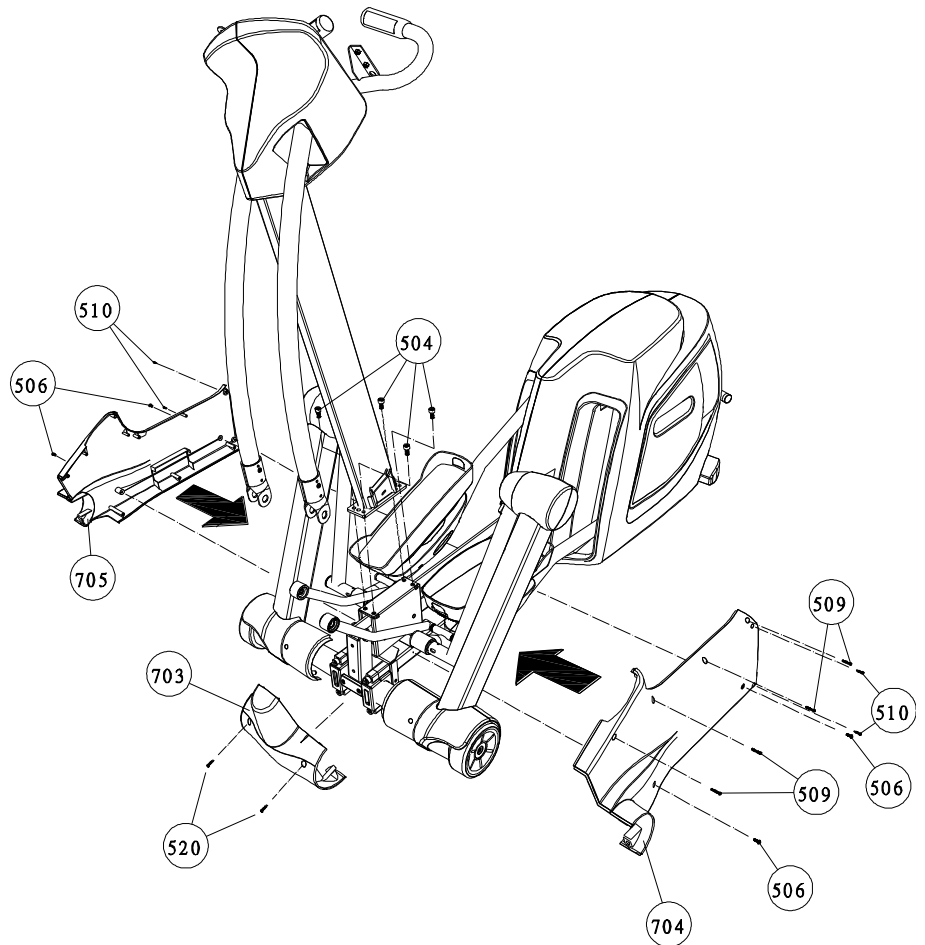
Don't fully tighten Allen Head CAP Bolt (511) until STEP2-D

STEP2-C). Rotate the Incline Frame (109) to align the bolt holes with the mating bolt Holes in the Incline Transmission Tube-Front (110). Assemble the Incline Transmission Tube-Front (110) to the Incline Frame (109).

STEP2-D1). Firstly, tighten the Allen Head Bolt (507), and make sure again that already fully was matched here.

STEP2-D2). Then fasten the Nylon Nut (508) by 8mm Allen Key (D) and Wrench (F). **Fully tighten the Allen Head Bolt (511) by 8mm Allen Key.**

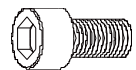
511	X4	
517	X4	
507	X1	
508	X1	

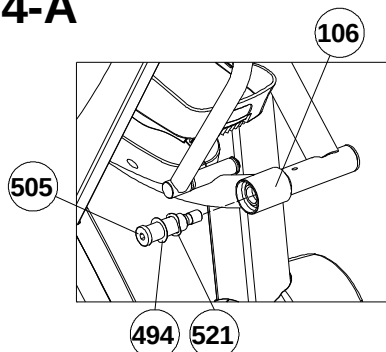
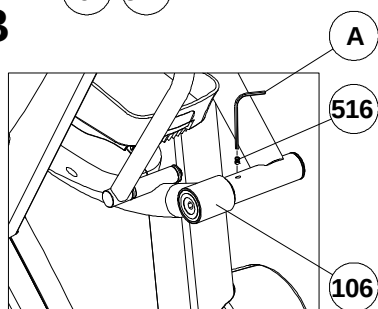
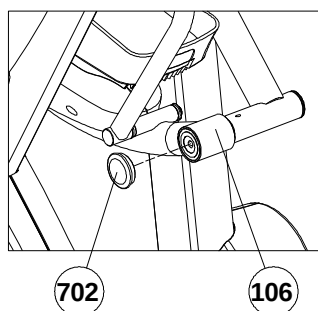
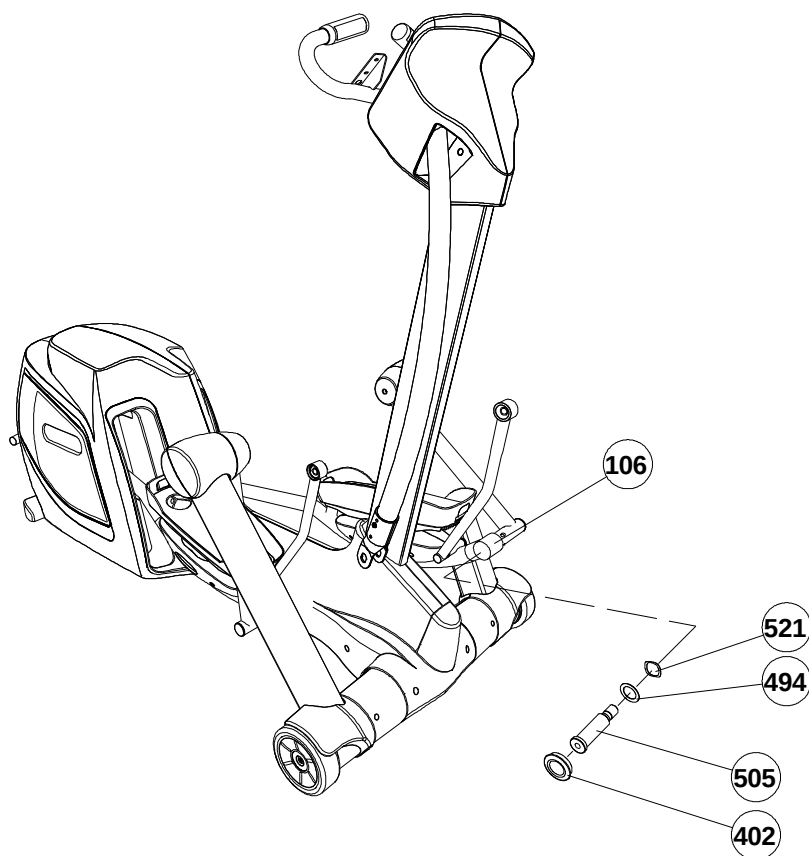
STEP3 ASSEMBLY**Step 3-A****Step 3-B****Step 3-C****Step 3**

STEP3-A). Assemble the Console Support Tube (101) to the Main Frame and secure Using four M8x20 mm Allen Head CAP Bolts (504). Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Lower (602) by sliding plastic extrusion on connector under plastic clip on second connector .

STEP3-B). Lift the Pedal Arm and attach the Undercarriage Cover (704, 705) to the Main Frame, and secure using Flat point screw (506), Screw (509), Screw (510).

STEP3-C). Attach the Incline Frame Front Cover (703) to the Incline Frame and secures using two Screws (520).

504**X4****506****X4****509****X4****510****X4****520****X2**

STEP4 ASSEMBLY**Step 4-A****Step 4-B****Step 4-C****Step 4**

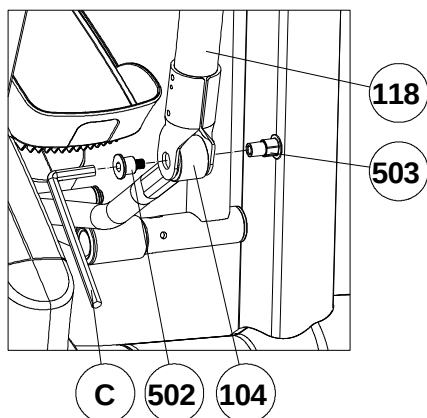
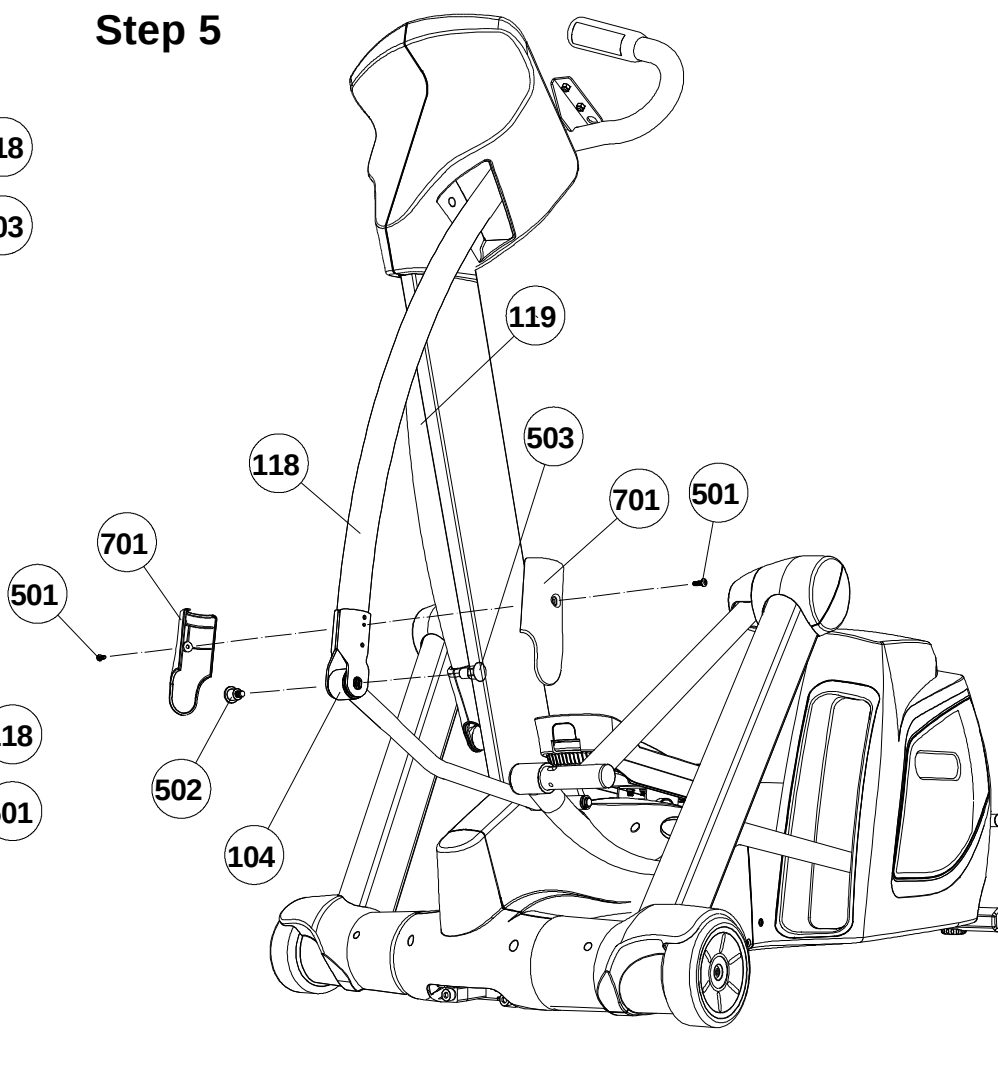
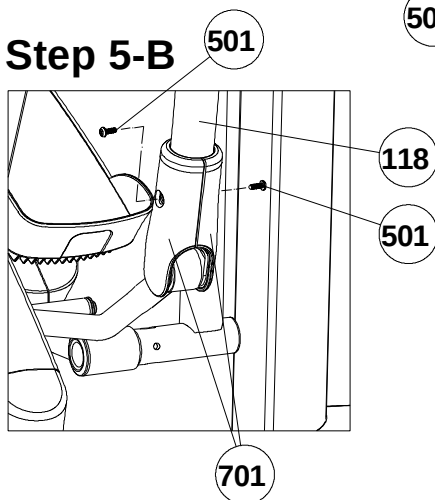
STEP4-A). Slide the 20x79.9 Bolt (505) through the Wave Washer (521) & 0.5mm Washer (494) , Pedal Arm, and Pedal Swing Arm (108) then secure by 8mm Allen Key (C).

STEP4-B). Secure the Back Out Screw (516) to the Pedal Swing Arm (108) using the 2.5mm Allen Key (A)

NOTE: PLEASE FULLY TIGHTEN Screw (516).

STEP4-C). Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm.

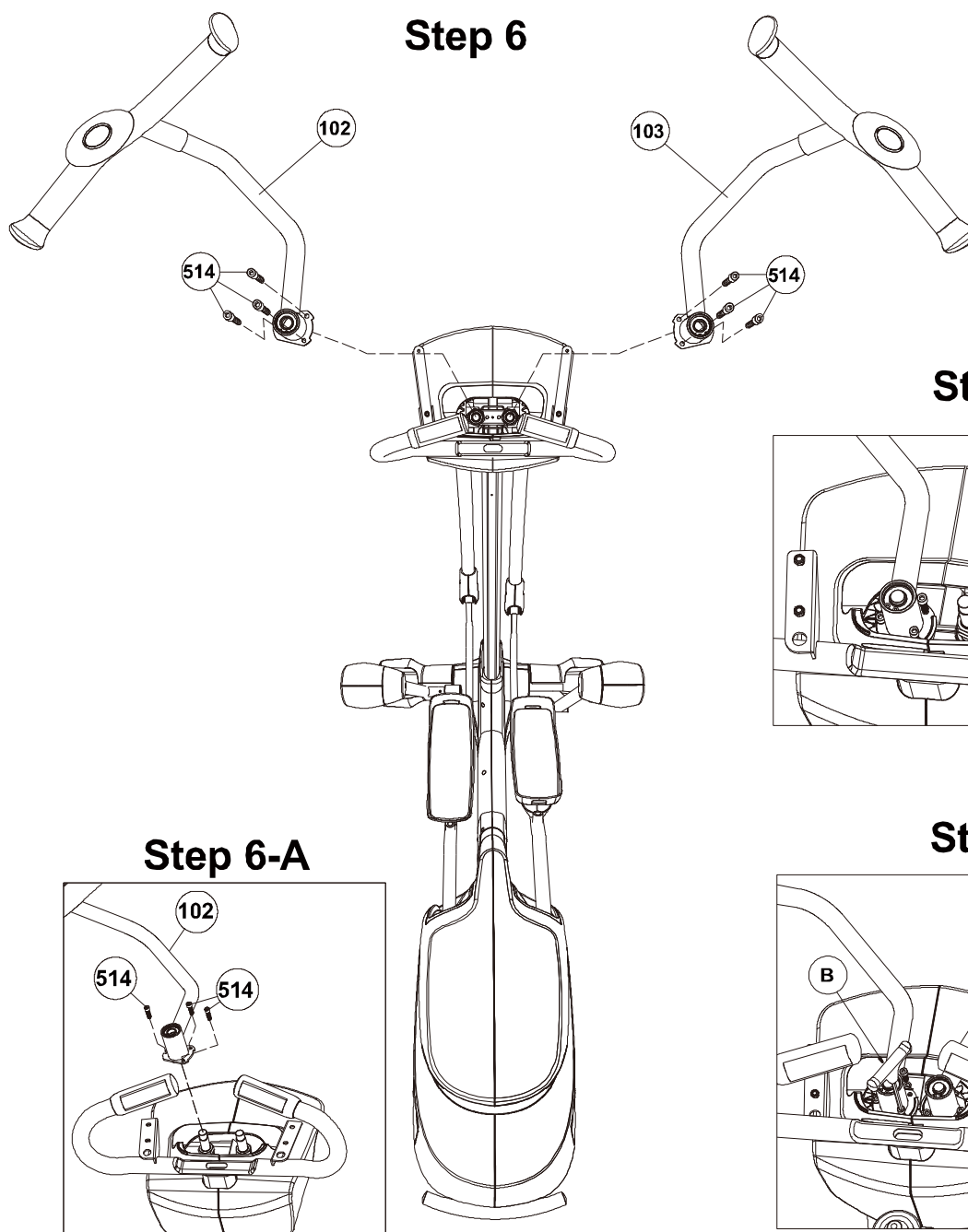
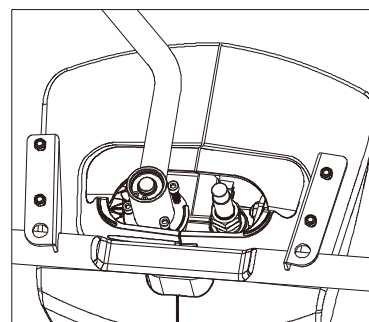
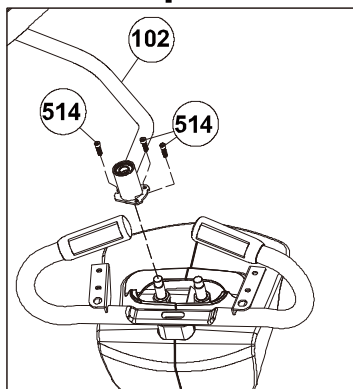
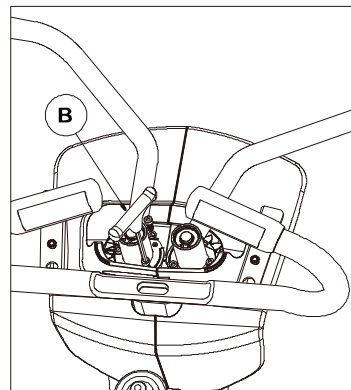
505	X2	
494	X2	
521	X2	
516	X2	

STEP5 ASSEMBLY**Step 5-A****Step 5****Step 5-B**

STEP5-A). Connect the Action Arm to the Moving Linkage and secure using the M8x10mm Bolt (502) and M8x15mm Bolt (503) by 6mm Allen Key (D). Do not over tighten or squeaking may occur.

SETP5-B). Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar and secure using the Cone Point Screw (501).

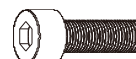
502	X2	
503	X2	
501	X4	

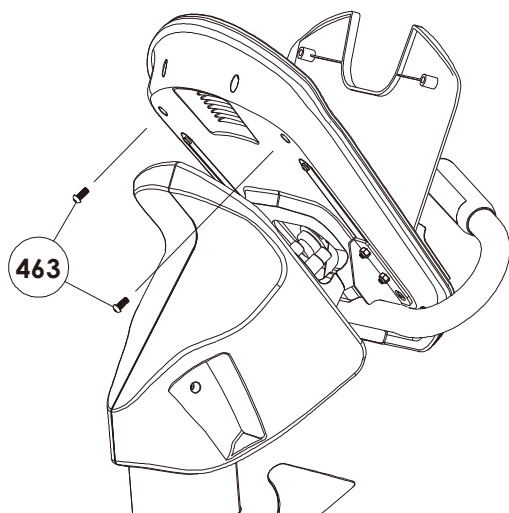
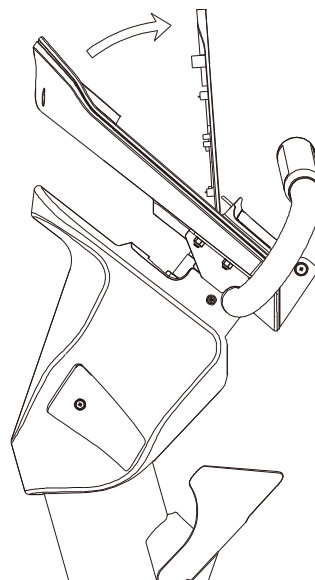
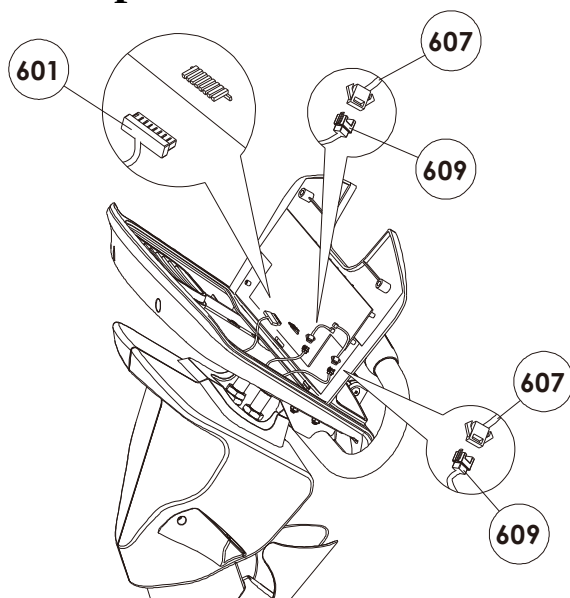
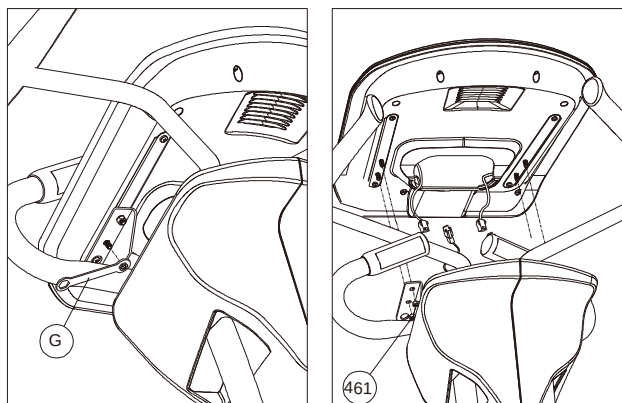
STEP6 ASSEMBLY**Step 6****Step 6-B****Step 6-A****Step 6-C**

STEP6-A). Connect the Moving Handlebar (102) to Console Upright Assembly (A2).

STEP6-B). Use M6x20mm Allen Head Bolt (514) to connect Moving Handlebar (102).

STEP6-C). Tight the Allen Head Bolts (514) by 5mm Allen Key (B).

514**X6**

STEP7 ASSEMBLY**Step 7-A****Step 7-B****Step 7****Step 7-C****Step 7-D**

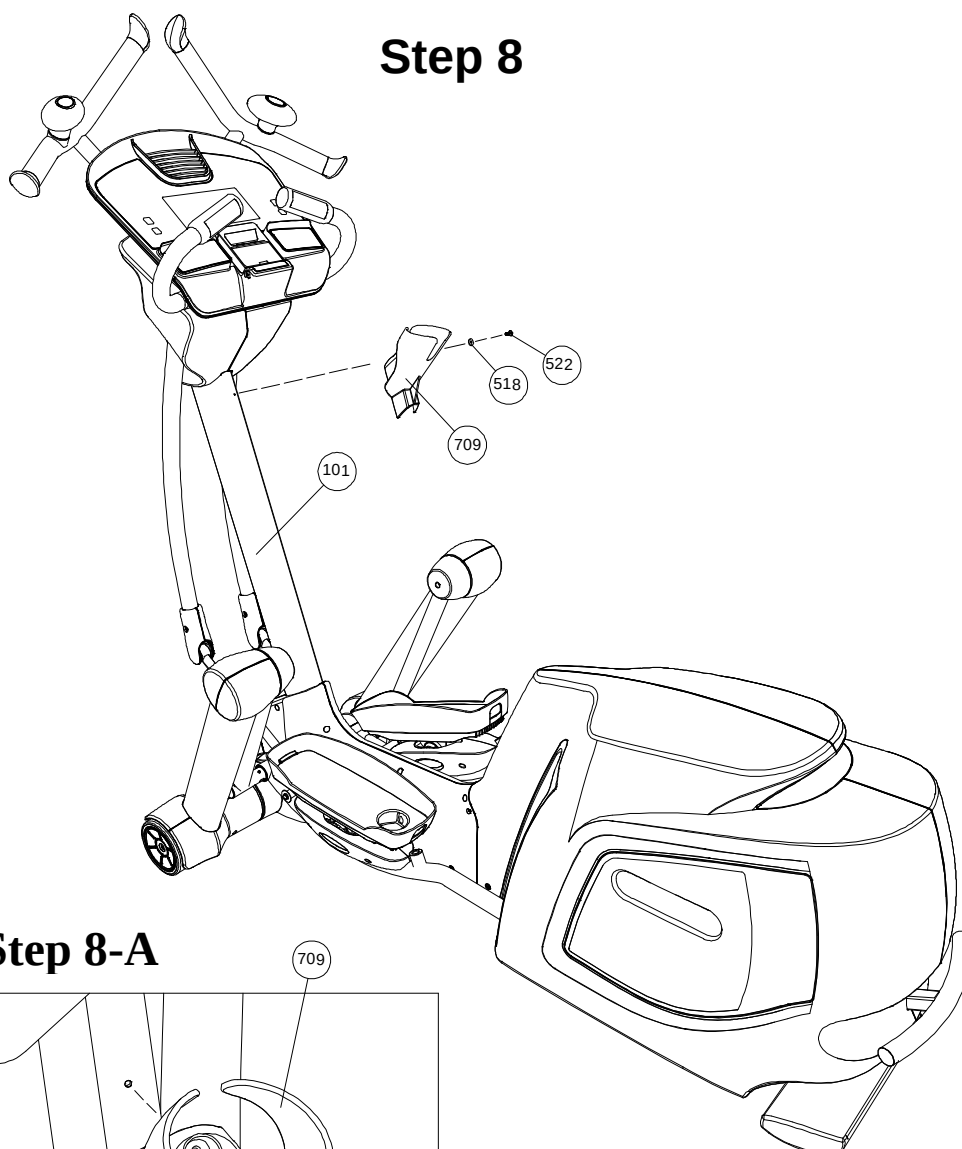
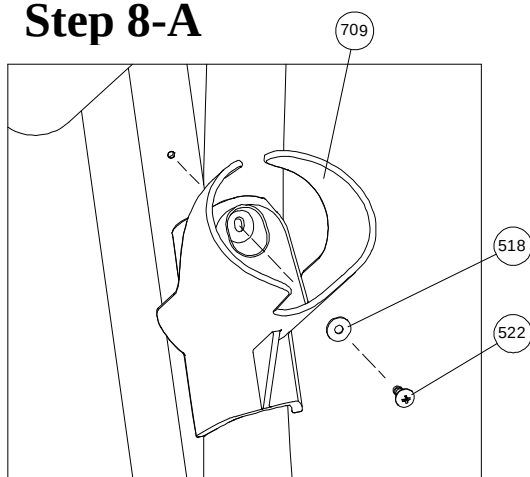
STEP7-A). First, take off two M6x15mm Screws (463) from the Button Control Panel (A1).

STEP7-B). Open the Panel like step B picture.

STEP7-C). Connect 8Pin Power Wire – Upper (601) to the Panel, and connect 2 Pin Hand Pulse Sensor Wire – Lower (609) to 2 Pin Hand Pulse Sensor Wire –Upper(607)

STEP7-D). Use M6 Nylon Nut(461) to hold Button Control Panel (A1) on left and right side by 13 &17 Combination Wrench (G)

461	X2	
463	X2	

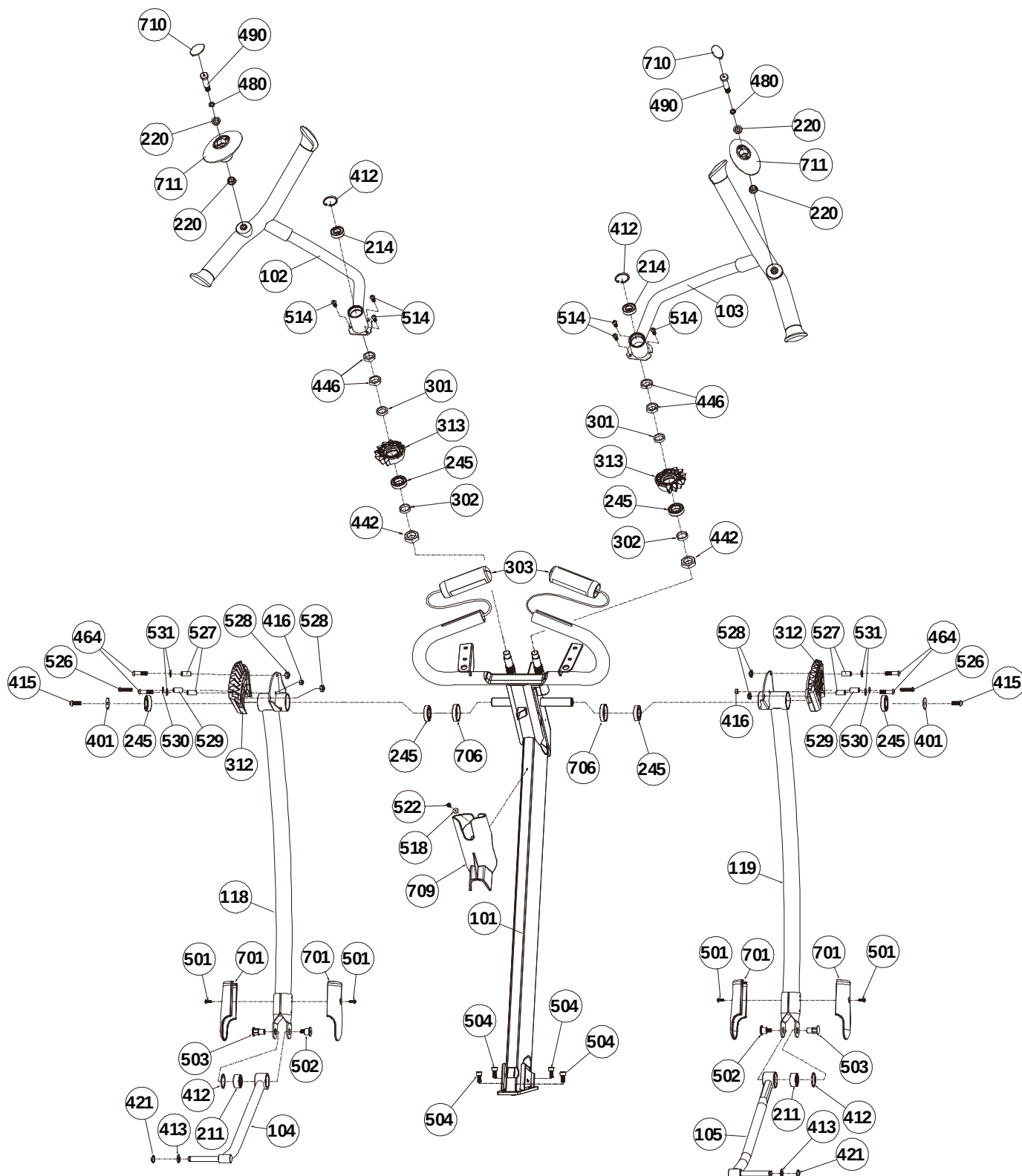
STEP8 ASSEMBLY**Step 8****Step 8-A**

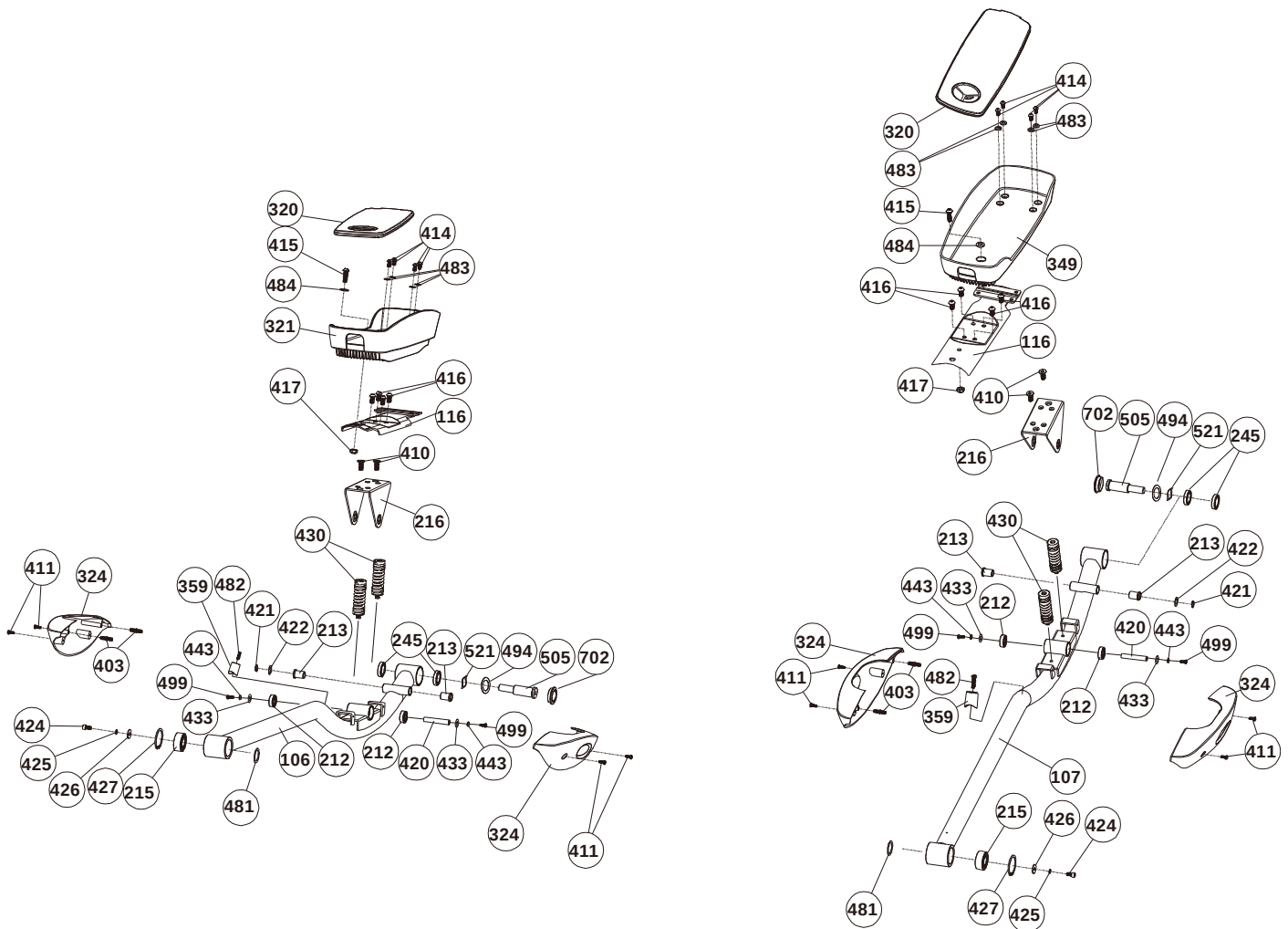
STEP8-A). Attach the Water Bottle Holder (709), and secure using Cone point screw (522) with Washer (518).

Your cross trainer is now fully assembled.

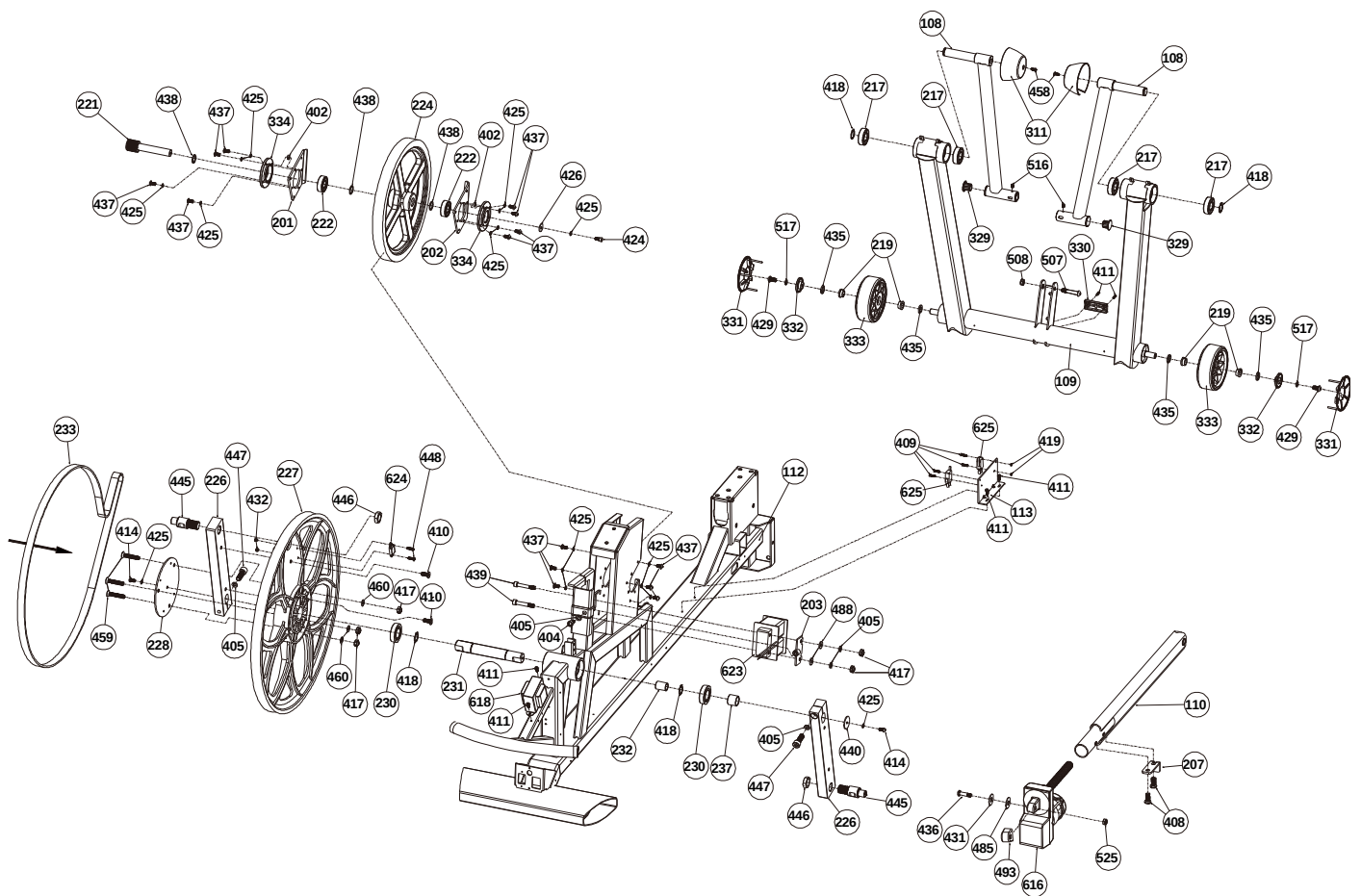
522	X1	
518	X1	

EXPLODED DIAGRAM

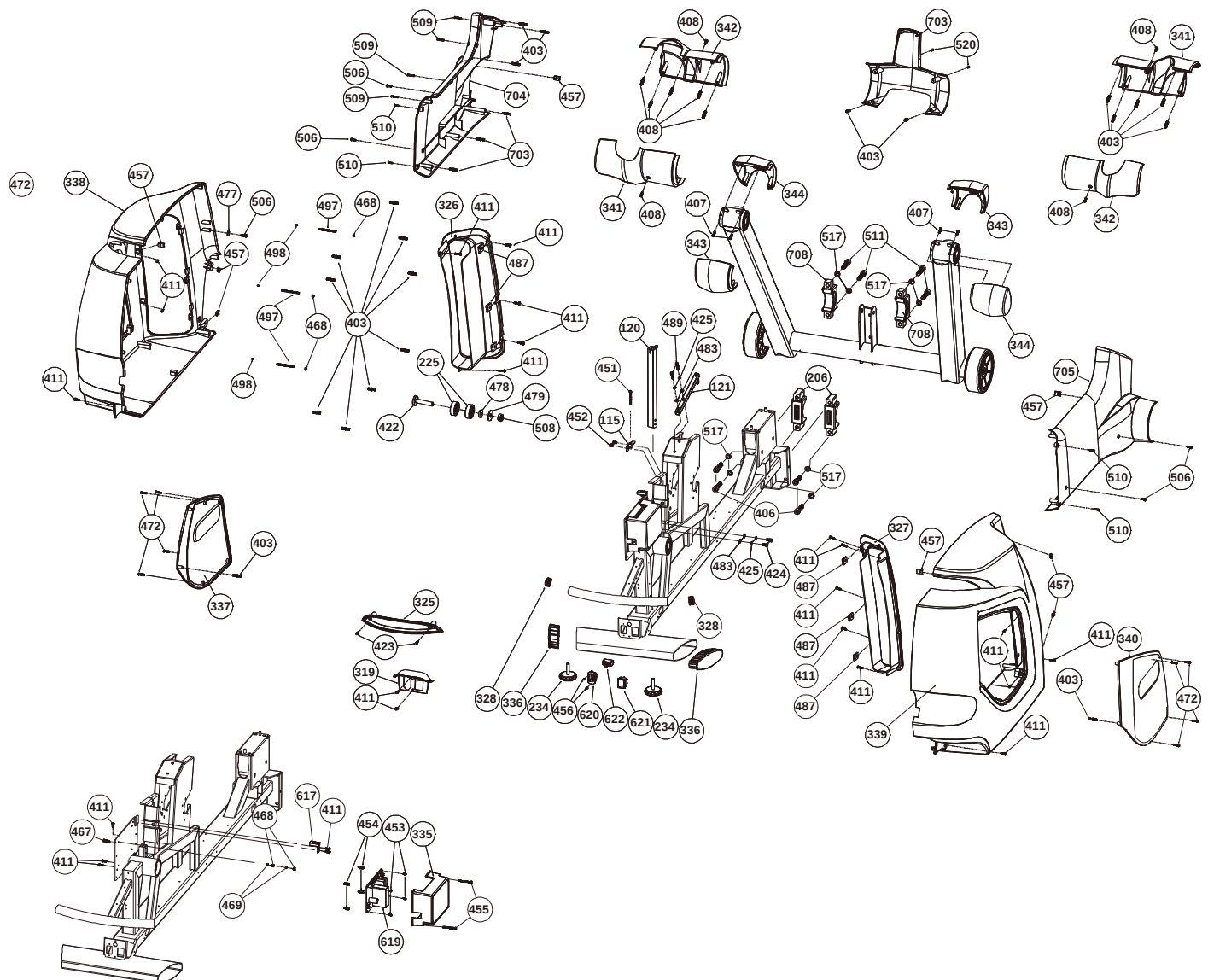


EXPLODED DIAGRAM

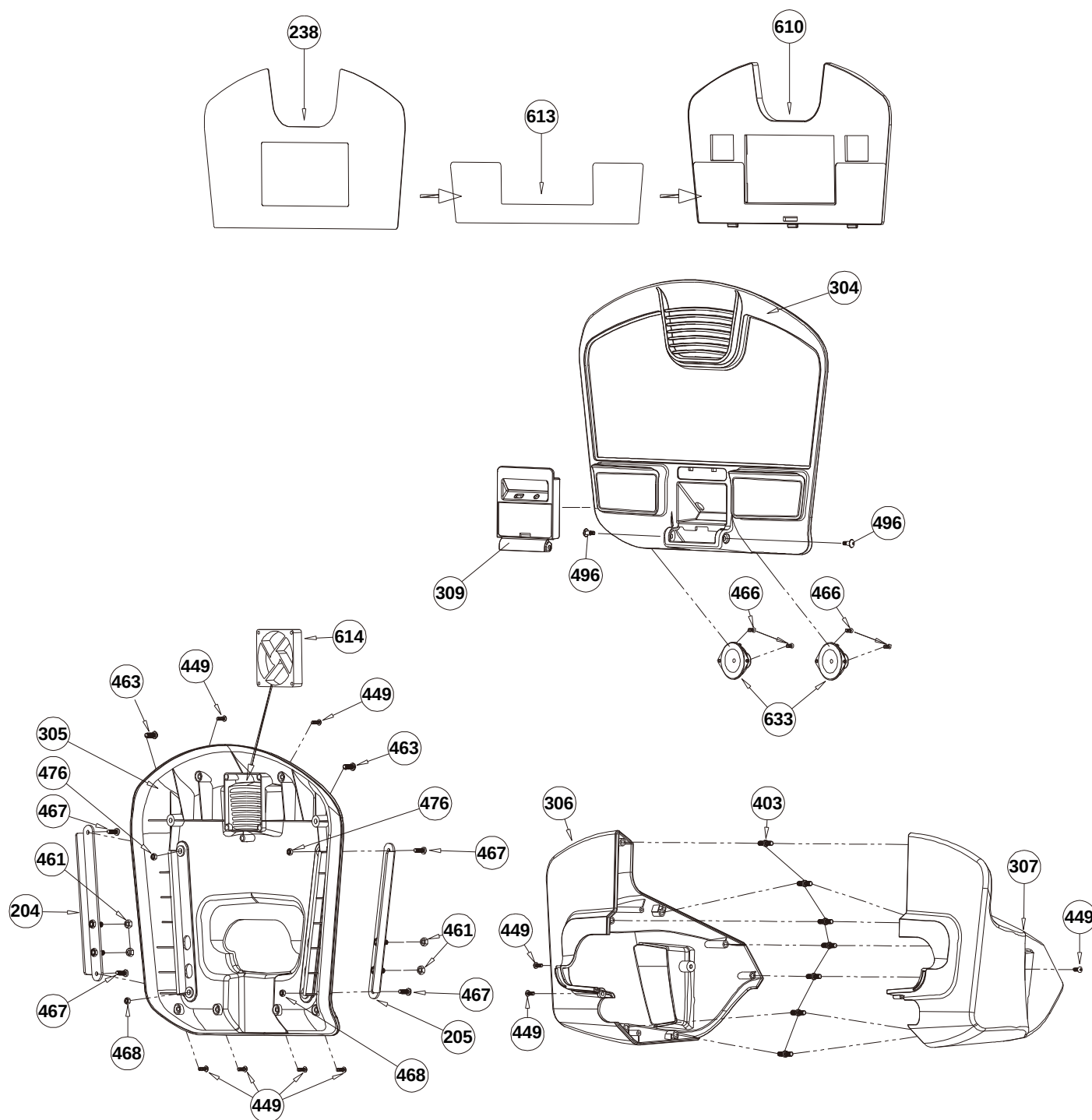
EXPLODED DIAGRAM

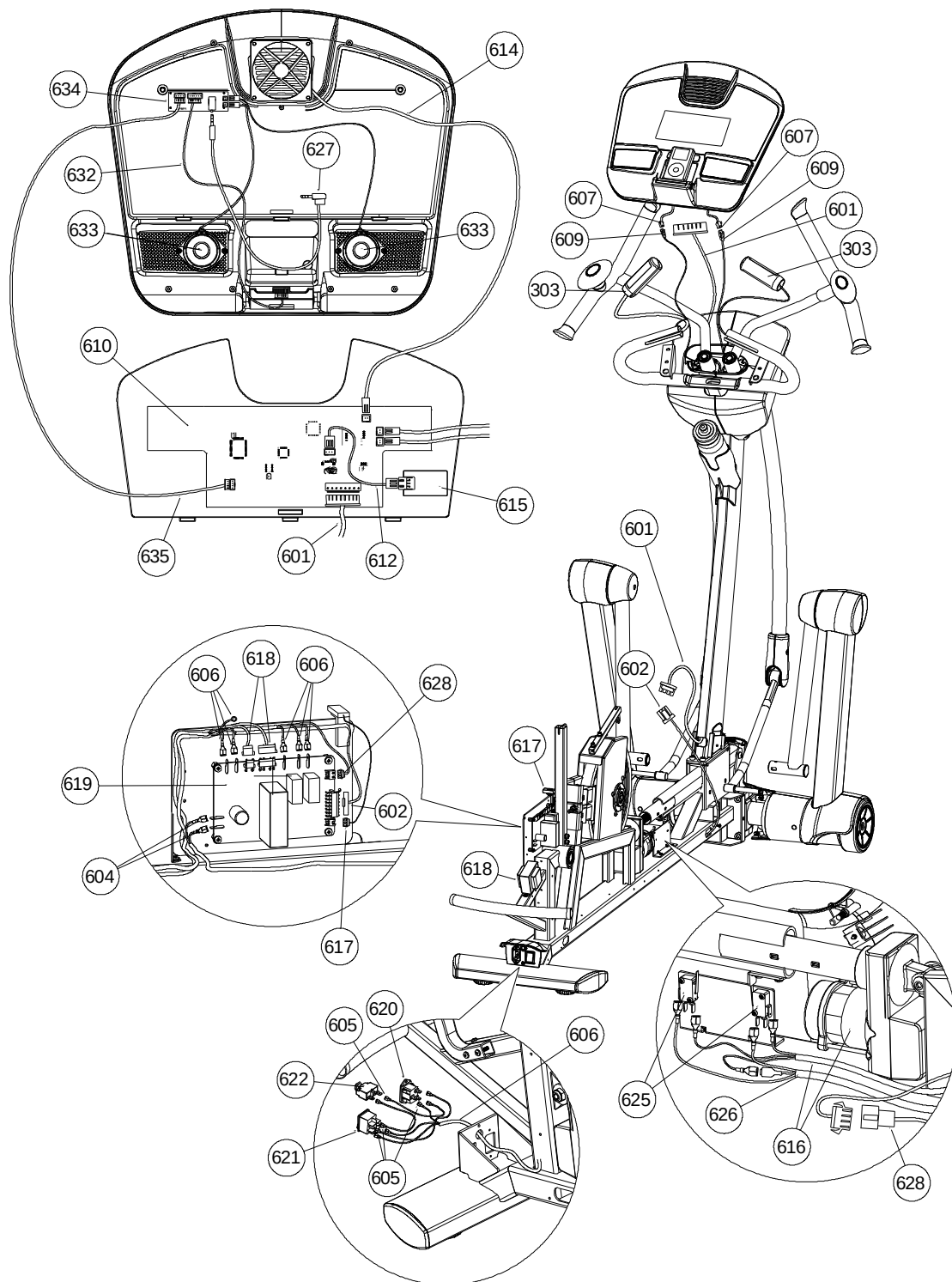


EXPLODED DIAGRAM



WIRE DIAGRAM



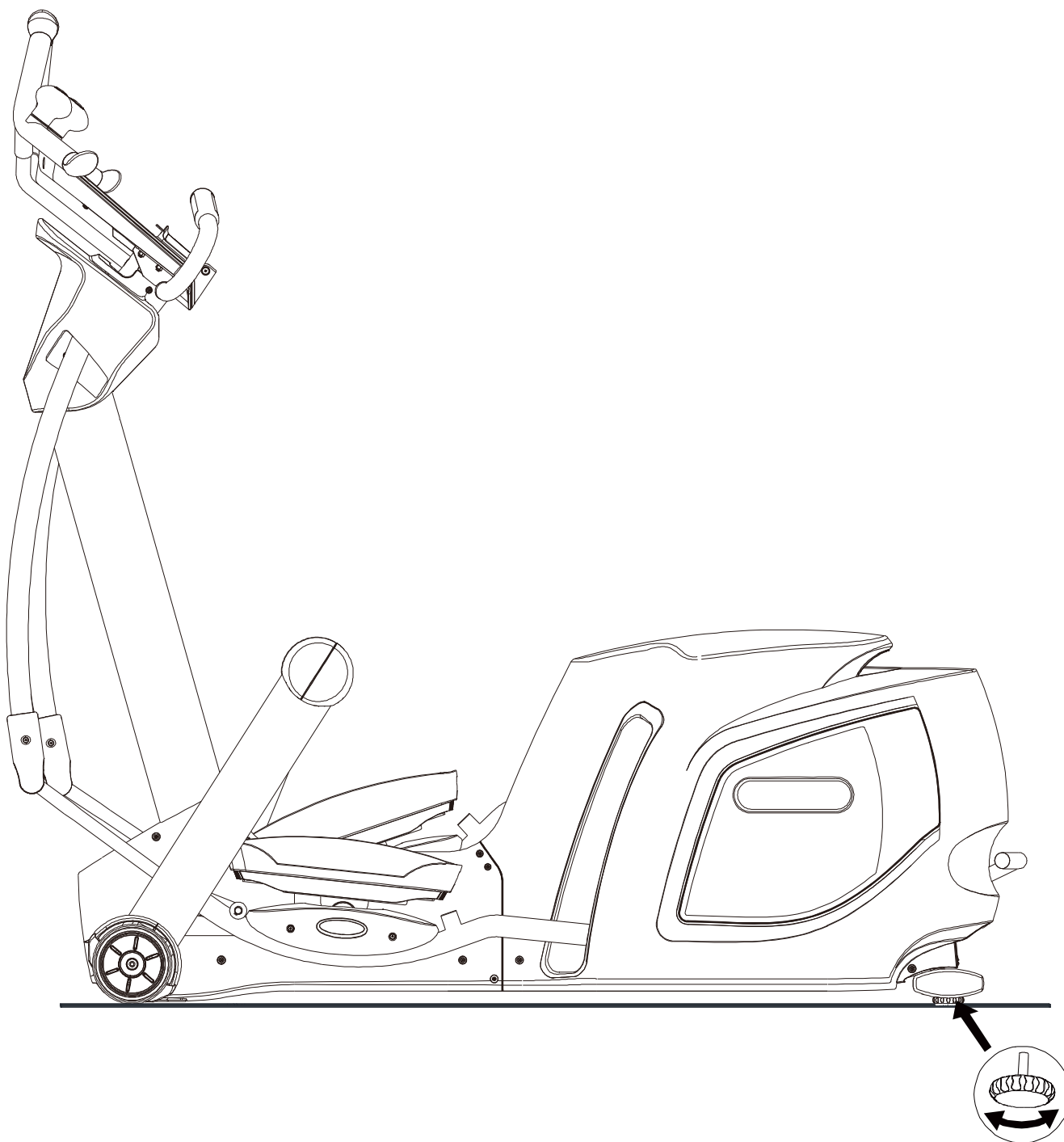
WIRE DIAGRAM

STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the MIAMI cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

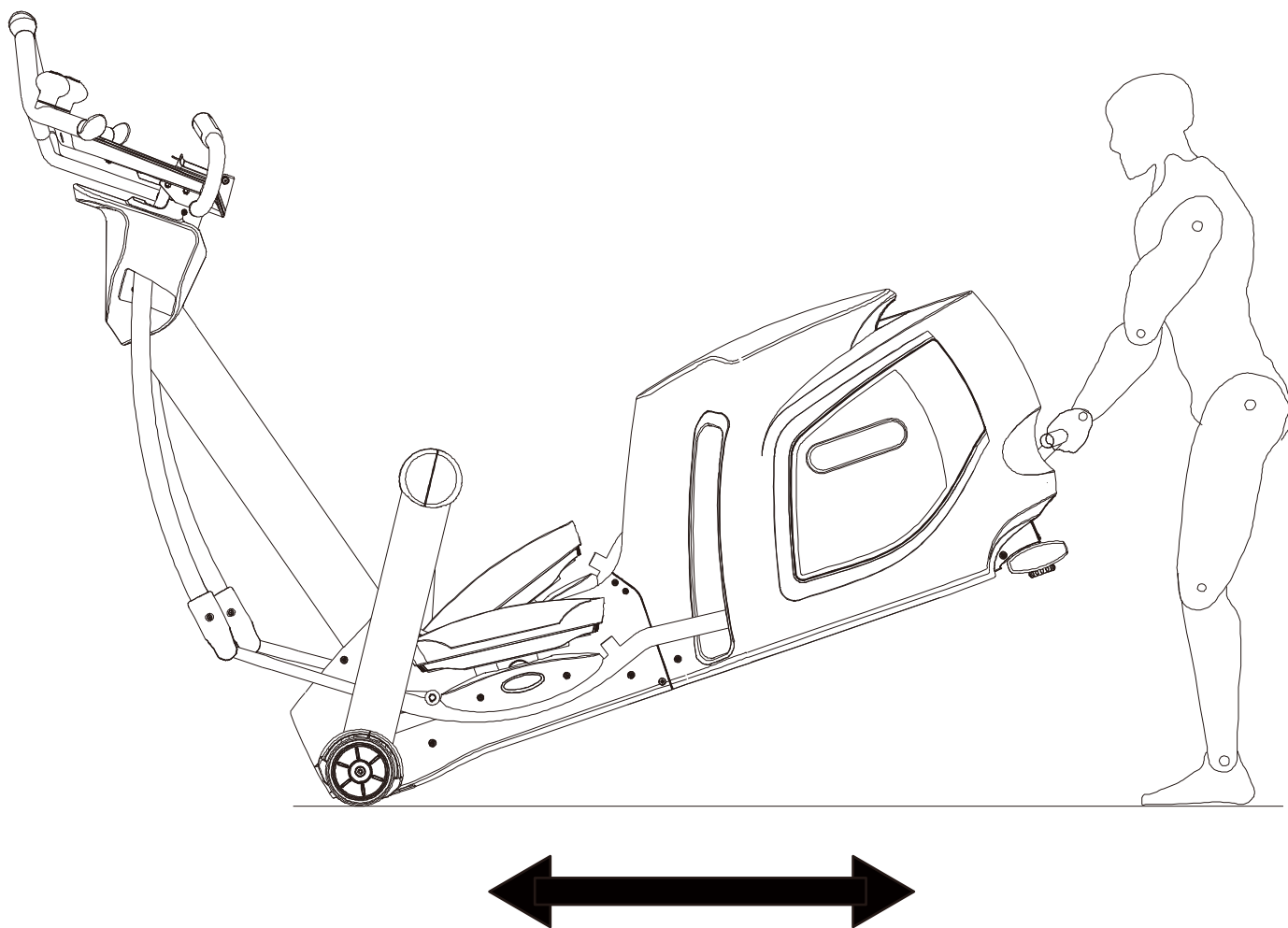
Tilt the cross trainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children and pets away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

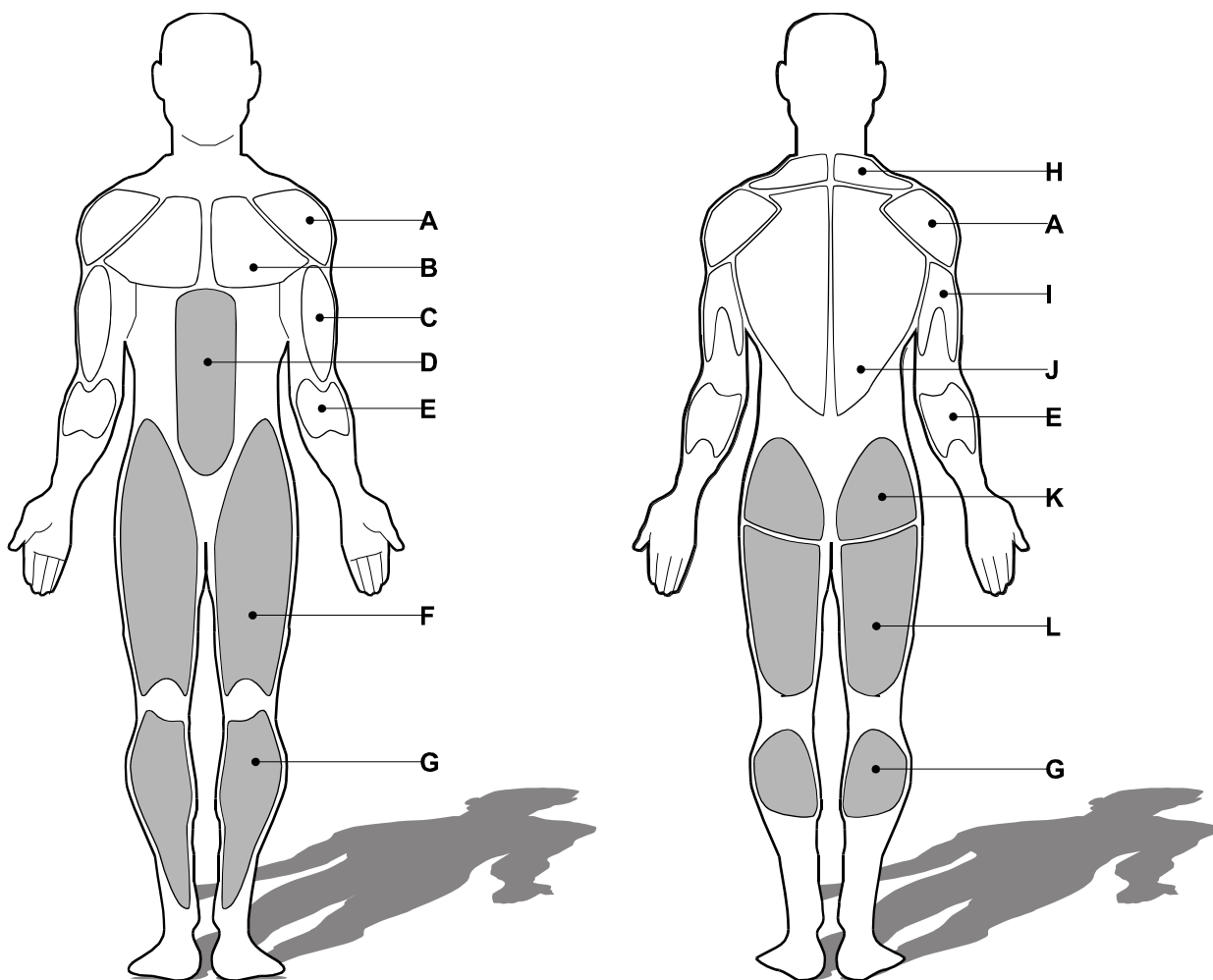


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteus muscles	K
F	Quadriceps muscles	Hamstring muscles	L

STRETCHING ROUTINE

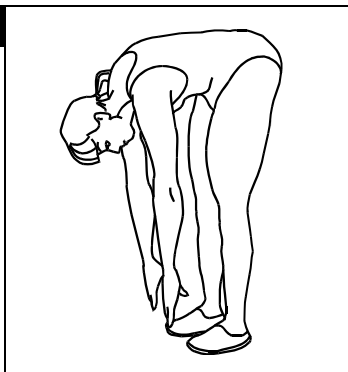
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

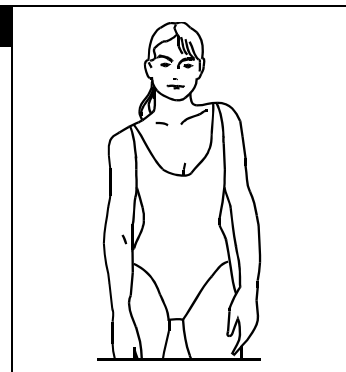
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

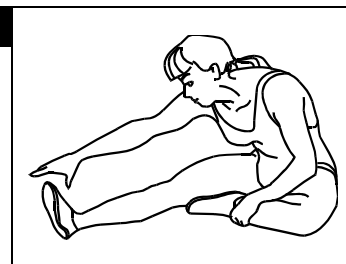
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

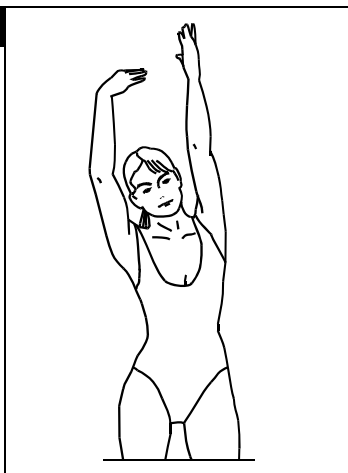
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

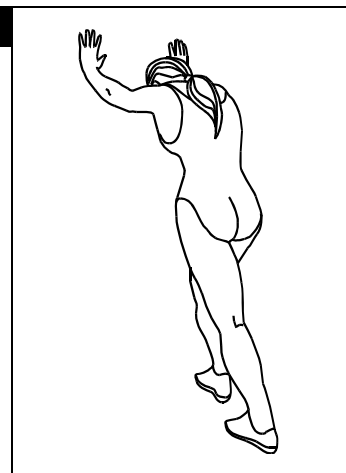
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

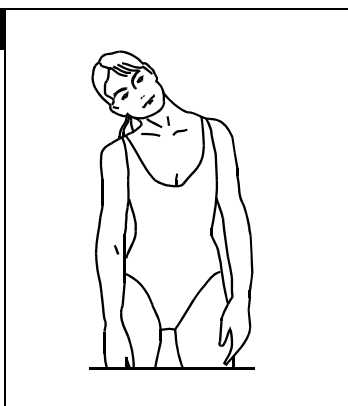
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "MIAMI" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THE AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "MIAMI" name to buyers who purchased the product from YOWZA or one of our authorized dealers in the dealer's authorized territory and used in the United States or Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE OTHER THAN YOWZA OR ONE OF OUR AUTHORIZED IN THE DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "MIAMI" name are intended for **RESIDENTIAL USE ONLY**. See further "Circumstances and use that will void your warranty" below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and seven years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSTS: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. All disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION



A MANUAL EXIT

B STOP

C INCLINE UP/DOWN BUTTON

D PROGRAM ENTER

E START

F RESISTANCE UP/DOWN
BUTTON

G FAN SPEED UP/DOWN

H VOLUME UP/DOWN

COMPUTER OPERATION

DISPLAY FUNCTIONS:

START

Press the **START** button to start exercise,

1. **RESISTANCE** Levels starts from L1 to L16, press **RESISTANCE** up/down to adjust the resistance levels.

2. **INCLINE/MOTION** Levels starts from L1 to L12, press **INCLINE/MOTION** up/down to adjust the incline/motion levels.



STOP

STOP:

Press **STOP** button to shut off console screen, and press any button of console to power the screen on.



RESISTANCE

RESISTANCE LEVEL DISPLAY:

Displays Resistance Level from L1 to L16.



MOTION

INCLINE LEVEL DISPLAY:

Displays **INCLINE/MOTION** Level from 1 to 12. The % Grade and Stride Path Length for each **INCLINE/MOTION** Level will be temporarily displayed during each change.



FAN SPEED

FAN:

Adjust Fan to 3 different settings: Level 1



VOLUME

VOLUME:

Adjust volume of Audio Player or iPod.

PROGRAM
ENTER**PROGRAM / ENTER:**

Press **Program/Enter** to view available programs. Use **Resistance** up/down to scroll through all programs. To select the program you want – Press **PROGRAM/ENTER**.

MANUAL
EXIT**MANUAL / EXIT:**

Press **Manual/Exit** at any time to return to **MANUAL MODE**. In **Manual Mode**, you have manual control of resistance and incline (motion).

COMPUTER OPERATION

8 X 16 DOT MATRIX RESISTANCE LEVEL PROFILE DISPLAY:

Displays all operating instructions prior to the workout and displays RESISTANCE level profile during the workout.

ENGLISH/METRIC CONVERSION:

The elliptical displays ENGLISH and METRIC information. When the display reads **"MPH"** it's in ENGLISH mode and display **"KM/H"** is METRIC mode. You can see your current setting at the left lower corner of screen, ENGLISH or METRIC. In case the elliptical needs to be converted between ENGLISH and METRIC readout, please follow the procedure below:

1. POWER SWITCH to ON then Press both INCLINE UP and DOWN buttons at the same time, and hold them for 3 seconds.
2. The display will sound one short beep, and then go into current computer version check.
3. Press PROGRAM and **"En 1"** will blink on the top left corner. Please presses PROGRAM again which will go into conversion menu, and then you can press RESISTANCE UP/DOWN to select which mode that you want.
4. Press PROGRAM button to save this setting, and press EXIT button twice to return to power on status.

SLEEP MODE:

If the unit is left idle for:

10 Seconds: The unit enters PAUSE MODE and incline returns to Level 1 to facilitate an easier restart. If pedaling resumes, the incline will return to its previous setting and the unit will resume from PAUSE MODE.

5 Minutes: The display will shut down to go in SLEEP MODE to conserve energy.

PROGRAM OPERATION INSTRUCTION:

Press PROGRAM at any time to enter the PROGRAM SELECTION MENU. The first Program to appear is DEMO MODE.

- To view other programs available use the Resistance up/down keys
- To select the program in view, press PROGRAM
- Once you select a program, use the Resistance up/down to adjust program settings and press START to begin.

PROGRAM 1 – TIME GOAL

This program will let you set a Time as your workout goal. The incline/motion and resistance level will not change unless you manually do so. Any setting you change will remain that way until manually changed again.

When you select this program, you are prompted to enter a time goal. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Time counts down to 0, Distance and Calories count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 2 – DISTANCE GOAL

This program will let you set a Distance as your workout goal. The incline/motion and resistance level will not change unless you manually do so. Any setting you change will remain that way until manually changed again.

When you select this program, you are prompted to enter a distance goal. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Distance counts down to 0, Time and Calories count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 3 – CALORIE GOAL

This program will let you set a Calorie Total as your workout goal. The incline/motion and resistance level will not change unless you manually do so. Any setting you change will remain that way until manually changed again.

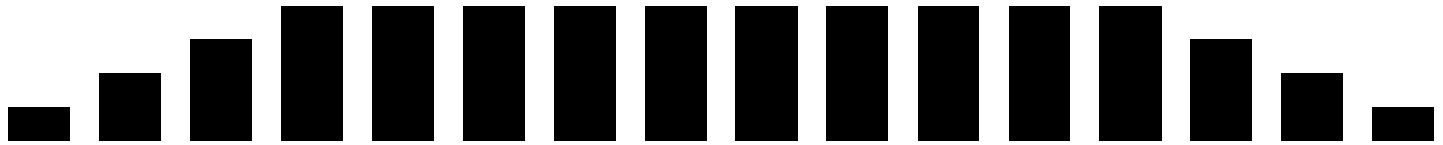
When you select this program, you are prompted to enter a calorie goal. Use up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program: Calories counts down to 0, Time and Distance count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINEUP/DOWN to adjust the INCLINE.

COMPUTER OPERATION

PROGRAM 4 – FAT BURN

This program's goal is to elevate your heart rate and maintain it for most of your workout. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



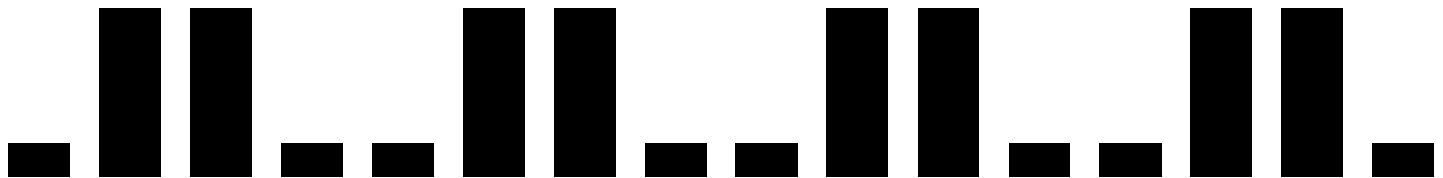
When you select this program, you are prompted to enter weight, difficulty setting (level 1-8), and program time. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline/motion level will not change unless you manually change it. Any incline/motion setting you change will remain that way until manually changed again.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 5 – INTERVAL EFFORT

This program's goal is to vary your resistance level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, you are prompted to enter weight, difficulty setting (level 1-8), and program time. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline/motion level will not change unless you manually change it. Any incline/motion setting you change will remain that way until manually changed again.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 6 – INTERVAL INCLINE

This program's goal is to vary your incline/motion level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, you are prompted to enter weight, difficulty setting (level 1-8), and program time. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the resistance level will not change unless you manually change it. Any resistance setting you change will remain that way until manually changed again.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

COMPUTER OPERATION

PROGRAM 7 – ENDURANCE

This program's goal is to vary your resistance and incline/motion Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.



When you select this program, you are prompted to enter weight, difficulty setting (level 1-8), and program time. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the RESISTANCE as the user changes their stride cadence (RPM). The RESISTANCE will be reduced when user increases RPM and the RESISTANCE will be increased when the user decreases the RPM.

When you select this program, you are prompted to enter weight, target WATTS and program time. Use Resistance up/down keys to adjust value and press PROGRAM to continue. Finally, press START to begin.

During the program, the incline/motion level will not change unless you manually change it.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the INCLINE.

COMPUTER OPERATION

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program: Contact Heart Rate Grips or Chest Belt Pulse Transmitter. The equipment provides a standard contact handgrip on the moving handle bar to sense the user's heart beat during the workout. The user must hold the contact handgrips on the stationary handlebars constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program since it provides the best most consistent feedback.

When you select this program you will be asked for weight, and age. Based on your age it will recommend a Heart Rate. You can change it to a different value at your discretion.

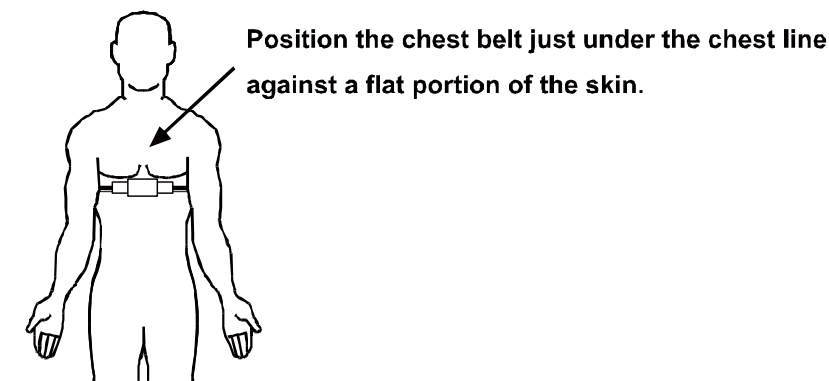
IMPORTANT: By default, console software will recommend the user's recommended SAFE MAXIMUM HEART RATE based on the formula: $((220\text{bpm}-\text{AGE}) \times 75\%)$. User's are encouraged to consult with a doctor or training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely. If you exceed your target heart rate the elliptical will go into cool down mode automatically.

Finally, the TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target time and press PROGRAM/ENTER to confirm. Press Start to Begin.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the INCLINE/MOTION level and RESISTANCE level to keep the users at the TARGET HEART RATE throughout the program – excluding first 3 minutes and last minute (warm up and cool down).

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just under the chest line as shown in the drawing below. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber contacts with gel under the belt prior to exercising.



※Chest belt is an optional accessory.

